**B.S. in Exercise Science – Exercise Science Specialist Concentration *(code S138)***

**Course Record Sheet - starting Fall 2024**

**Name**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Sem/Yr entering Major**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(Students are bound by the major requirements in the catalog for the academic year for which they are accepted into the major).*

**Advisor**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Room: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(Students are required to meet with their academic advisor every semester to discuss scheduling of next semester’s classes and to unlock the hold.*

**You MUST successfully complete a minimum of 120 credit hours in order to graduate.**

**GENERAL EDUCATION REQUIREMENTS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Letter Grade or T** | **Title/Number Course Information****(Must be passed with a D- or better)** | **Credit Hours** | **Grade or T** |
| **First Year Experience (4)** | **FYE 100D required** if transferred in less than 24 credits  | **4** |  |
| **ACADEMIC FOUNDATIONS** |
| 1. **English Composition (6 or 7)**
 | **WRT 120 or 123** depending on placement test  | **3 or 4** |  |
| **WRT 200**  | **3** |  |
| 1. **Mathematics (3)**
 | **MAT 121 or MAT 125 –** student choice | **3** |  |
| 1. **Interdisciplinary “I” (3)**
 | KIN 246 satisfies both “I” and “J” | **3** |  |
| 1. **Diverse Communities “J” (3)**
 | KIN 246 satisfies both “I” and “J”; PHI 180; HPE 254 | **3** |  |
| **DISTRIBUTIVE REQUIREMENTS** |
| 1. **Sciences (6 to 8)**
 | **BIO 100 or BIO 110****PHY 100 or PHY 130** |  **3 or 4****3 or 4** |  |
| 1. **Behavioral / Social Sciences (6)**
 | **PSY 100 -** approved ethics course if taken at WCU | **3** |  |
| **SOC 100 or SOC 240**  | **3** |  |
| 1. **Humanities (6)**

Must take two courses, each one from a different area. If course number is followed by \* it satisfies more than one Gen Ed see catalog for more info | **HIS** – HIS 100, 101, 102, 150, 151, 152, 214\*, 215, 221, 222, 444. **LAN** - LAN 100, LIN 130, 140\*, LNC 100, 105\*, 110\*, 368. **LIT** **-** LIT 100, 101, 165\*; CLS 165\*, 260,\* 261\*. **PHI** - PHI 100, 101, 150, 180\*, 201, 206, 220, 280, 282 **Honors- HON** 212\*, 311\*. **Urban Com-** **RUX** 110 | **3** |  |
| **3** |  |
| 1. **Arts (3)**

  | Choose from “ARTS Distributive” courses found in catalog using these prefixes: ARH, ART, DAN, FLM, MHL, MTC, THA  | **3** |  |
| **ADDITIONAL BACCALAUREATE REQUIREMENTS** |
| **A. ETHICS Requirement “ET”** | **Suggested:** PHI 180 (also covers 2nd Humanities and Diverse Communities) or PSY 100 (also covers one Behavioral/Social Science); HEA 210; HEA 300; PHI 371 |  |  |
| **B. WRITING EMPHASIS COURSES indicated by “W” on your transcript****(9)** See catalog for approved courses. | **One “W” must be at the 300-400 level.** “W” courses may also be used to satisfy other requirements. |  |
| Transfer students who bring to WCU more than 70 transfer credits must complete one 300-400 level 3 credit “W” class. | **EXS 490** | **3 to 6** |  |
| Transfer students who bring to WCU 40-70 transfer credits must complete 6 credits of “W” classes. | See list of suggested “W” courses | **3** |  |
| All students entering WCU with fewer than 40 credits, must complete 9 credits of “W” classes | See list of suggested “W” courses | **3** |  |
| **C. SPEAKING EMPHASIS COURSES indicated by “SE” on your transcript****(9)** See catalog for approved courses. | **One “SE” must be at the 300-400 level.** “SE” courses may also be used to satisfy other requirements. |  |
| Transfer students who bring to WCU more than 70 transfer credits must complete one 300-400 level 3 credit “S” class. | **EXS 490** | **3 to 6** |  |
| Transfer students who bring to WCU 40-70 transfer credits must complete 6 credits of “S” classes. | **EXS 103** | **3** |  |
| All students entering WCU with fewer than 40 credits, must complete 9 credits of “S” classes | See list of suggested “SE” courses including SPK 208 or 230  | **3** |  |

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| --- | --- | --- | --- |
| **RELATED REQUIREMENTS (Must be passed with a D- or better)** | **Course Number** | **Credit Hours** | **Letter Grade or T** |
| Anatomy and Physiology I (pre-req BIO 100/110) | BIO 259 | **4** |  |
| Anatomy and Physiology II (pre-req BIO 259) | BIO 269 | **4** |  |
| A Chemistry lecture and lab – only one semester of chemistry (lecture + lab) is required. Choose from CHE/CRL 107 or CHE/CRL 103 | CHE 107/103 | **4/3** |  |
| CRL 107/103 | **1/1** |  |
| Introduction to Nutrition | NTD 303 | **3** |  |
| First Aid for Health Professionals or First Aid and Athletic Training (choose one) | SMD 204/271 | **3/2** |  |
| **Electives Under Advisement:** These classes will be used to fulfill the graduation requirement for accumulating 120 credit hours minimum; must be approved by advisor. These classes could contribute to a minor.  |  |  |  |
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|  |  |  |
|  |  |  |
|  |
| **CORE EXS COURSES** **(Must be passed with a C- or better)** | **Course Number** | **Credit Hours** | **Grade or T** |
| Fundamentals of Group Exercise and Resistance Training (double dips for SE) | EXS 103  | **3** |  |
| Lifetime Fitness Concepts | EXS 180 | **3** |  |
| Kinetic Anatomy (pre-req BIO 259) | EXS 223 | **2** |  |
| Motor Learning | EXS 270 | **3** |  |
| The Exercise Science Profession (pre-req EXS 180) | EXS 280 | **1** |  |
| Biomechanics (pre-req PHY 100 or 130 and EXS 223) | EXS 362 | **3** |  |
| Biomechanics Laboratory (taken concurrently with EXS 362) | EXL 362 | **1** |  |
| Sport and Exercise Psychology (pre-req PSY 100 and EXS 270) | EXS 375 | **3** |  |
| Exercise Physiology (pre-req BIO 269 and EXS 180) | EXS 380 | **3** |  |
| Exercise Physiology Laboratory (taken concurrently with EXS 380) | EXL 380 | **1** |  |
| Fitness Assessment – Exercise Prescription (pre-req EXS/EXL 380) | EXS 381 | **3** |  |
| Fitness Assessment – Exercise Prescription Lab (taken concurrently with EXS 381 | EXL 381 | **1** |  |
| Strength Training and Conditioning (pre-req EXS/EXL 362 and EXS/EXL 380) | EXS 482 | **3** |  |
| Strength Training and Conditioning Laboratory (taken concurrently with EXS 482) | EXL 482 | **1** |  |
| Organization and Management of Adult Fitness Programs Clinic/Seminar(pre-req EXS/EXL 381) | EXS 484 | **3** |  |
| Exercise Prescription – Special Population (pre-req EXS/EXL 381) | EXS 486 | **3** |  |
| Clinical Exercise Testing and Interpretation (pre-req EXS/EXL 381) | EXS 489 | **3** |  |
| Clinical Exercise Testing and Interpretation Lab (taken concurrently with EXS 489) | EXL 489 | **1** |  |
| Internship (**Capstone**) Requires permission from Department and **applications due October 1st or March** 1st the semester before you perform your internship. MUST be taken in the last semester before graduation as the capstone course. Performed under the supervision of an appropriately credentialed individual. \*May not be repeated for credit. | EXS 490covers both W and SE credits  | **Min 3** **Max 6** |  |

NOTE: Exercise Science Specialist majors can benefit from adding a minor. Suggested minors include but are not limited to nutrition or coaching. A minor requires a minimum of 18 credits.

*Effective Fall 2024*