

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

Course Record Sheet - starting Fall 2022

Name _____ Sem/Yr entering Major _____

(Students are bound by the major, minor, and related requirements in the catalog for the academic year for which they are accepted into the major or minor).

Advisor _____ (Students are required to meet with their academic advisor every semester to discuss scheduling of next semester's classes and to unlock the hold. Always bring your up-to-date course record sheet)

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

GENERAL EDUCATION REQUIREMENTS

Category (# credit hours)	Title/Number Course Information	Credit Hours	Letter Grade or T
FIRST YEAR EXPERIENCE (4)	FYE 100D required if transferred in less than 24 credits	4	
ACADEMIC FOUNDATIONS			
A. English Composition (6 or 7)	WRT 120 or 123 depending on placement test WRT 200, 204, 205, 206, 208, or 220	3 or 4	
B. Mathematics (3)	MAT 121 required	3	
C. Interdisciplinary "I" (3)	KIN 246 satisfies both "I" and "J"	3	
D. Diverse Communities "J" (3)	KIN 246 satisfies both "I" and "J" KIN 254 satisfies "J" and required for APA minor	3	
DISTRIBUTIVE REQUIREMENTS			
A. Science (6)	See Related Requirements in Biology, Chemistry and Physics classes which fulfill graduation requirement		
B. Behavioral / Social Sciences (6)	PSY 100 required – also approved ethics course	3	
	SOC 100 or 240 required	3	
C. Humanities (6) Must take two courses, each one from different area. If course number is followed by "*" it indicates more than one Gen Ed is satisfied – see catalog for more info	History- HIS 100, 101, 102, 150, 151, 152, 214*, 215, 221, 222, 444. Honors- HON 212*, 311*. Language- LAN 100, LIN 130, 140*, LNC 100, 105*, 110*, 368.	3	
	Literature- LIT 100, 101, 165*; CLS 165*, 260,* 261*. Philosophy- PHI 100, 101, 150, 180*, 201, 206, 220, 280, 282 Urban Com- RUX 110	3	
D. Arts (3)	Choose from these prefixes: ARH, ART, DAN, FLM, MHL, MTC, THA found under "ARTS Distributive" See catalog for all approved courses.	3	
ADDITIONAL BACCALAUREATE REQUIREMENTS			
A. ETHICS REQUIREMENT "ET"	Suggested: PHI 180 (also 2 nd Humanities and Diverse Communities) or PSY 100 (also Behavioral/Social Science); HEA 210; HEA 300; PHI 371		
B. WRITING EMPHASIS COURSES "W" (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 <u>complete one 300-400 level 3 credit "W" class.</u>		3	
Transfer students who bring to WCU 40-70 transfer credits must <u>complete 6 credits of "W" classes.</u>		3	
All students entering WCU with fewer than 40 credits, <u>must complete 9 credits of "W" classes</u>		3	
C. SPEAKING EMPHASIS COURSES "SE" (9) See catalog for approved courses.	One "SE" must be at the 300-400 level which is satisfied by EXS 490.		"SE" courses may also be used to satisfy other requirements.
Transfer students who bring to WCU more than 70 transfer credits must <u>complete one 300-400 level 3 credit "S" class.</u>	EXS 490 (3-6), required for major	3 - 6	
Transfer students who bring to WCU 40-70 transfer credits must <u>complete 6 credits of "S" classes.</u>	SPK 208 or 230 Cannot use both SPK 208 and 230	3	
All students entering WCU with fewer than 40 credits, <u>must complete 9 credits of "S" classes</u>		3	

**B.S. in Exercise Science – Exercise Science Specialist Concentration (code S138)
Course Record Sheet - starting Fall 2022**

RELATED REQUIREMENTS (Must be passed with a D- or better) Note: Six credit hours of science courses found in this section fulfill General Education Distributive Requirements in Science	Course Number	Credit Hours	Letter Grade or T
Basic Biological Science or General Biology	BIO 100/110	3/4	
Anatomy and Physiology I (pre-req BIO 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	
A Physics course is required. Choose from PHY 100 or PHY 130.	PHY 100/130	3/4	
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.			
CORE EXS COURSES (Must be passed with a C- or better)	Course Number	Credit Hours	Letter Grade or T
Fundamentals of Group Exercise and Resistance Training	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 Laboratory (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 Laboratory (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 490	3-6	