

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

Category	Title/Number Course Information (Must be passed with a D- or better)	Credit Hours	Grade or T
FIRST YEAR EXPERIENCE	FYE 100D required if transferred in less than 24 credits	4	
ACADEMIC FOUNDATIONS			
A. English Composition	WRT 120 or 123 depending on placement test	3 or 4	
	WRT 200	3	
B. Mathematics - MAT	MAT 121 or MAT 125 – student choice	3	
C. Interdisciplinary - INT	KIN 246 satisfies both "I" and "J"	3	
D. Diverse Communities - DIV	KIN 246 satisfies both "I" and "J"; PHI 180; HPE 254	3	
E. ETHICS REQUIREMENT - ETH	Suggested: PHI 180 (also covers 2 nd Humanities and Diverse Communities) or PSY 100 (also covers one Behavioral/Social Science); HEA 210; HEA 300; PHI 371	3	
DISTRIBUTIVE REQUIREMENTS			
A. Sciences - SCI	BIO 100 or BIO 110	3 or 4	
	PHY 100 or PHY 130	3 or 4	
B. Behavioral/Social Sciences - BSS	PSY 100 - approved ethics course if taken at WCU	3	
	SOC 100 or SOC 240	3	
C. Humanities - HUM 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	
D. Arts - ART	Choose from "ARTS Distributive" courses found in catalog using these prefixes: ARH, ART, DAN, FLM, MHL, MTC, THA	3	
ADDITIONAL BACCALAUREATE REQUIREMENTS			
A. WRITING EMPHASIS COURSES indicated by "WRT" on your transcript See catalog for approved courses.	One "WRT" must be at the 300-400 level. "WRT" 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>	EXS 490	3 to 6	
Transfer students who bring to WCU 40-70 transfer credits must <u>complete 6 credits of "W" classes.</u>	See list of suggested "WRT" courses	3	
All students entering WCU with fewer <u>than 40 credits, must complete 9 credits of "W" classes</u>	See list of suggested "WRT" courses	3	
B. SPEAKING EMPHASIS COURSES indicated by "SPE" on your transcript See catalog for approved courses.	One "SPE" 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 <u>complete one 300-400 level 3 credit "S" class.</u>	EXS 490	3 to 6	
Transfer students who bring to WCU 40-70 transfer credits must <u>complete 6 credits of "S" classes.</u>	EXS 103	3	
All students entering WCU with fewer <u>than 40 credits, must complete 9 credits of "S" classes</u>	See list of suggested "SPE" courses including SPK 208 or 230	3	

B.S. in Exercise Science – Exercise Science Specialist Concentration (code S138)
Course Record Sheet - starting Fall 2024

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.			
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 490 covers CAP, WRT and SPE 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