



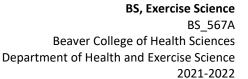
Beaver College of Health Sciences
Department of Health and Exercise Science
2021-2022

This four year guide is a recommended semester-by semester plan of study for this major. All four year guides are meant as examples of how a degree can be completed in four years. Individual plans will be developed for each student in consultation with the academic advisor. Prior credit, course availability, and student needs must be considered in developing the individual plan.

Shaded areas of guide require special attention.

Shaded dieds of guide require special attention.				
Course Subject and Title	Credit	Min.	Major	Important Notes
Course subject and Title	Hours	Grade	GPA	Important Notes

Semester One: [16 Credit Hours]				
MAT 1020 or higher	4		Yes	Completes Gen Ed Quantitative Literacy except for MAT 1025
RC 1000	3			First Year Writing
UCO 1200	3			First Year Seminar
Gen Ed	3			Liberal Studies
Gen Ed	3			Liberal Studies
		Semes	ster Two:	[15 Credit Hours]
E S 2002	3			
E S 2005	3		Yes	
CHE 1101/1110	4		Yes	Begins Gen Ed Science Inquiry
BIO 1801	4		Yes	
P E Activity Course	1		Yes	
		Semes	ter Three:	[14 Credit Hours]
E S 2040	4		Yes	
CHE 1102/1120	4		Yes	Completes Gen Ed Science Inquiry
NUT 2202	3		Yes	Completes 2 credit Gen Ed Wellness Literacy
RC 2001	3			Sophomore Writing
Semester Four: [16 Credit Hours]			[16 Credit Hours]	
E S 2050	4		Yes	
Interdisciplinary Studies Elective	3		Yes	Check DW record or Program of Study for course options
PSY 1200	3			Liberal Studies
Gen Ed	3			Integrative Learning
Gen Ed	3			Integrative Learning
		Seme	ster Five:	[14 Credit Hours]
E S 3002	3		Yes	Writing in the Discipline
ES 3003	1		Yes	
PHY 1103	4		Yes	
Gen Ed	3			Complete Gen Ed Integrative Learning
Gen Ed	3			Complete Gen Ed Liberal Studies





This four year guide is a recommended semester-by semester plan of study for this major. All four year guides are meant as examples of how a degree can be completed in four years. Individual plans will be developed for each student in consultation with the academic advisor. Prior credit, course availability, and student needs must be considered in developing the individual plan.

Shaded areas of guide require special attention.

Course Subject and Title

Credit Hours Grade GPA

Course Subject and Title

Credit Hours Grade GPA

Credit Hours Grade GPA

		Seme	ester Six: [16 Credit Hours]
E S 3550	4		Yes	
Exercise Science Elective	3		Yes	Check DW record or Program of Study for course options
Exercise Science Elective	3		Yes	Check DW record or Program of Study for course options
Exercise Science Elective	3		Yes	Check DW record or Program of Study for course options
Interdisciplinary Studies Elective	3		Yes	Check DW record or Program of Study for course options
		Semes	ter Seven:	[15 Credit Hours]
Interdisciplinary Studies Elective	3		Yes	Check DW record or Program of Study for course options
Exercise Science Elective	3		Yes	Check DW record or Program of Study for course options
Exercise Science elective	3			
Free Elective	3			
Free Elective	3			
		Semes	ter Eight:	[14 Credit Hours]
E S 4660 or 4800	3		Yes	CAPSTONE
Interdisciplinary Studies elective	3		Yes	Check DW record or Program of Study for course options
Interdisciplinary Studies elective	3		Yes	Check DW record or Program of Study for course options
Free Elective	3			
Free Elective	2			

General Requirements Summary							
Minimum Gen Ed.		A44 515	Minimum				
Total Hours	Hours	Writing	Major GPA	Overall GPA			
120	44	RC 1000 and RC 2001	2.00	2.00			

General Education Program Model - 44 Semester Hours Total				
Program Categories	Hours	Important Notes – Be sure to check for Gen Ed courses required in your major		
First Year Seminar	3	Can be taken first or second semester of freshman year		
First Year Writing	3	Can be taken first or second semester of freshman year		
Wellness Literacy	2			
Quantitative Literacy	4			
Sophomore Writing	3			



This four year guide is a recommended semester-by semester plan of study for this major. All four year guides are meant as examples of how a degree can be completed in four years. Individual plans will be developed for each student in consultation with the academic advisor. Prior credit, course availability, and student needs must be considered in developing the individual plan.

Shaded areas of guide require special attention.

and an east of Barre residence absents attention.					
	Course Subject and Title	Credit	Min.	Major	Important Notes
	Course Subject and Title	Hours	Grade	GPA	important Notes

Integrative Learning Experience	9	Must choose a minimum of two disciplines
Liberal Studies Experience	12	Must choose a minimum of three disciplines
Science Inquiry	8	CHE 1101/1110 & 1102/1120

You must also meet the Fine Arts, Literary Studies, Historical Studies, and the Social Science Designations. Those may be met within the Integrative Learning Experience and the Liberal Studies Experience.

Additional Notes:

- E S GPA requirements: 2.0 cumulative GPA required for declaration and 2.0 cumulative GPA required for graduation. There are no GPA retention requirements. The Beaver College of Health Sciences requires a minimum 2.0 major GPA for graduation.
- 18 s.h. in major and 9 s.h. in minor must be at ASU.
- 50 s.h. must be earned from a Senior Institution and 25% of the degree hours must be in residency at ASU.
- As stated in the catalog, the final responsibility for meeting graduation requirements remains with the student.



Department of Health and Exercise Science

Dept. Chair: Dr. Kelly Cole, colekj@appstate.edu

828.262.3140 hes.appstate.edu