BS, Exercise Science, Strength and Conditioning Concentration



BS_567D

Beaver College of Health Sciences

Department of Health and Exercise Science

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 Min. Major Hours Grade GPA Important Notes

		Semester One:	[15 Credit Hours]
RC 1000	3		
BIO 1801	4	Yes	
CHE 1101/1110 (or Mat 1020 or higher)	4	Yes	Begins Gen Ed Science Inquiry (or MAT completes Gen Ed Quantitative Literacy except for MAT 1025)
E S 2002 or Gen Ed Experience	3		Gen Ed Liberal Studies
P E 1754	1	Yes	
		Semester Two:	[14 Credit Hours]
MAT 1020 or Higher	4	Yes	Completes Gen Ed Quantitative Literacy except for MAT 1025
CHE 1101/1110 or CHE 1102/1120	4	Yes	Gen Ed Science Inquiry
E S 2002 or Gen Ed Experience	3		Gen Ed Liberal Studies
UCO 1200	3		
		Semester Three :	[16-17 Credit Hours]
RC 2001	3		
E S 2031	4	Yes	
PSY 1200 (or CHE 1102/1120)	3-4	Yes	Liberal Studies (or CHE completes Gen Ed Science Inquiry)
Gen Ed Experience	3		Liberal Studies
ES 2005 or NUT 2202	3	Yes	NUT 2202 Completes 2 s.h. Gen Ed Wellness Literacy
	:	Semester Four : [16	Credit Hours]
E S 2032	4	Yes	
NUT 2202 or E S 2005	3	Yes	NUT 2202 Completes 2 s.h. Gen Ed Wellness Literacy
Gen Ed Experience	3		Integrative Learning
Gen Ed Experience	3		Integrative Learning
A T 1600	3	Yes	
	Sei	mester Five : [16 Cr	edit Hours]
PHY 1103	4	Yes	Begins Gen Ed Science Inquiry (if CHE not used)
Gen Ed Experience	3		Integrative Learning
E S 2020	3	Yes	
E S 3002	3	Yes	Writing in the Discipline
S & C Elective	3	Yes	

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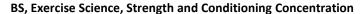
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Course Subject and Title	Credit	Min.	Major	Important Notes
	Hours	Grade	GPA	important Notes

Semester Six: [15 Credit Hours]					
PHY 1104	4		Yes	Completes Gen Ed Science Inquiry (if CHE not used)	
E S 3550	4		Yes		
Gen Ed Experience	3			Liberal Studies	
S & C Elective	3		Yes		
P E Activity Course (1700-1889)	1		Yes		
		Semest	ter Seven:	[15 Credit Hours]	
E S 4555	3		Yes		
S & C Elective	3		Yes		
E S 4000	3		Yes		
E S 4060	3		Yes		
Free Elective	3				
		Semes	ter Eight:	[13 Credit Hours]	
E S 3005	3		Yes	CAPSTONE	
E S 4600	3		Yes		
HPE 4002	3		Yes		
Free Elective	1				
S & C Elective	3		Yes		

General Requirements Summary					
Minimum Gen Ed.		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	
Wellness Literacy	2		
Quantitative Literacy	4		
First Year Writing	3	Can be taken first or second semester of freshman year	





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Course Subject and Title Credit Min. Major Important Notes Grade GPA

Sophomore Writing	3	
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	

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:

- 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.
- A GPA of 2.5 with at least 12 semester hours at ASU is required to declare a major in Exercise Science.
- As stated in the catalog, the final responsibility for meeting graduation requirements remains with the student.



Department of Health and Exercise Science

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