



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	Min. Grade	Major GPA	Important Notes
--------------------------	--------------	------------	-----------	-----------------

**Semester One: [15 Credit Hours]**

RC 1000	3			
BIO 1801	4	B-	Yes	
CHE 1101/1110 (or MAT 1020 or higher)	4	B-	Yes	Begins Gen Ed Science Inquiry ( MAT completes Gen Ed Quantitative Literacy)
E S 2002	3			
P E Activity Course (1700-1889)	1		Yes	

**Semester Two: [16-17 Credit Hours]**

MAT 1020 or Higher (or E S 2002)	3-4		Yes	Completes Gen Ed Quantitative Literacy
CHE 1101/1110 or 1102/1120	4	B-	Yes	Gen Ed Science Inquiry
Gen Ed Experience	3			Liberal Studies
UCO 1200	3			
E S 2005 or NUT 2202	3		Yes	NUT 2202 Completes 2 s.h. Gen Ed Wellness Literacy

**Semester Three : [16-17 Credit Hours]**

RC 2001	3			
E S 2031	4	B	Yes	
PSY 1200 (or CHE 1102/1120)	3-4		Yes	Liberal Studies (CHE 1102/1120 Completes Gen Ed Science Inquiry )
Gen Ed Experience	3			Liberal Studies
NUT 2202 or E S 2005	3		Yes	NUT 2202 Completes 2 s.h. Gen Ed Wellness Literacy

**Semester Four: [16 Credit Hours]**

E S 2032	4	B	Yes	
Interdisciplinary Studies elective	3		Yes	
Gen Ed Experience	3			Integrative Learning
Gen Ed Experience	3			Integrative Learning
E S 2020 (or STT 2810)	3		Yes	

PHY 1103	4		Yes	Begins Gen Ed Science Inquiry (if CHE not used)
Gen Ed Experience	3			Integrative Learning
Biological Sciences elective	3-4		Yes	
E S 3002	3		Yes	Writing in the Discipline
P E Activity Course (1700-1889)	1		Yes	



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	Min. Grade	Major GPA	Important Notes
--------------------------	--------------	------------	-----------	-----------------

**Semester Six: [16-17 Credit Hours]**

PHY 1104	4	Yes		Completes Gen Ed Science Inquiry (if CHE not used)
E S 3550	4	Yes		
Psychological Sciences elective	3	Yes		
Pre-Prof Elective	2-3	Yes		Can be from any of the concentration categories
Free Elective	3			

**Semester Seven: [13 Credit Hours]**

E S 3005	3	Yes		CAPSTONE
Physical Sciences elective	4	Yes		
Pre-Prof Elective	3	Yes		Can be from any of the concentration categories
Free Elective	3			

**Semester Eight: [15 Credit Hours]**

E S 4050	3	Yes		
Gen Ed Experience	3			Liberal Studies
Interdisciplinary Studies elective	3	Yes		
Interdisciplinary Studies elective	3	Yes		
Psychological Sciences elective	3			

**General Requirements Summary**

Minimum Total Hours	Gen Ed. Hours	Writing	Minimum	
			Major GPA	Overall GPA
122	44	RC 1000 and RC 2001	2.00	2.00

**General Education Program Model - 44 Semester Hours Total**

Program Categories	Hours	Important Notes – <i>Be sure to check for Gen Ed courses required in your major</i>
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
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.

Course Subject and Title	Credit Hours	Min. Grade	Major 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			

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, with the final 30 s.h. in residence.
- 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](mailto:colekj@appstate.edu)  
 828.262.3140  
[hes.appstate.edu](http://hes.appstate.edu)