

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 | Important Notes |
|--------------------------|--------|-------|-------|-----------------|
| Course subject and Title | Hours  | Grade | GPA   | important Notes |

|                                       |     | Semes    | ter 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 (MAT completes Gen Ed Quantitative Literacy)                               |
| E S 2002                              | 3   |          |            |                                                                                                          |
| P E Activity Course (1700-1889)       | 1   |          | Yes        |                                                                                                          |
|                                       |     | Semeste  | er Two: [1 | 3-14 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   |          | Yes        | Gen Ed Science Inquiry                                                                                   |
| Gen Ed Experience                     | 3   |          |            | 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        | Course found in two themes in the Hist/Soc Perspective (CHE 1102/1120 completes Gen Ed Science Inquiry ) |
| Gen Ed Experience                     | 3   |          |            | Liberal Studies                                                                                          |
| NUT 2202 or ES 2005                   | 3   |          | Yes        | NUT 2202 Completes 2 s.h. Gen Ed Wellness Literacy                                                       |
|                                       |     | Semes    | ter Four:  | [16 Credit Hours]                                                                                        |
| E S 2032                              | 4   |          | Yes        |                                                                                                          |
| E S 2005 or NUT 2202                  | 3   |          | Yes        | NUT 2202 Completes 2 s.h. Gen Ed Wellness Literacy                                                       |
| Gen Ed Experience                     | 3   |          |            | Integrative Learning                                                                                     |
| Gen Ed Experience                     | 3   |          |            | Integrative Learning                                                                                     |
| E S 2020                              | 3   |          | Yes        |                                                                                                          |
|                                       |     | Semes    | ter Five:  | [16 Credit Hours]                                                                                        |
| PHY 1103                              | 4   |          | Yes        | Begins Gen Ed Science Inquiry (if CHE not used)                                                          |
| Gen Ed Experience                     | 3   |          |            | Integrative Learning                                                                                     |
| E S 3002                              | 3   |          | Yes        |                                                                                                          |
| H P 3700                              | 3   |          | Yes        |                                                                                                          |
| Clinical Elective                     | 3   |          | 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 | Min.  | Major | Important Notes |
|--------------------------|--------|-------|-------|-----------------|
| Course Subject and Title | Hours  | Grade | GPA   | important Notes |

|                                   |   | Seme   | ster Six: [ | 16 Credit Hours]                                   |  |
|-----------------------------------|---|--------|-------------|----------------------------------------------------|--|
| PHY 1104                          | 4 |        | Yes         | Completes Gen Ed Science Inquiry (if CHE not used) |  |
| E S 3005                          | 3 |        | Yes         | Writing in the Discipline                          |  |
| SOC 3100                          | 3 |        | Yes         |                                                    |  |
| Clinical Elective                 | 3 |        | Yes         |                                                    |  |
| Gen Ed Experience                 | 3 |        |             | Liberal Studies                                    |  |
|                                   |   | Semest | ter Seven:  | [14 Credit Hours]                                  |  |
| E S 3550                          | 4 |        | Yes         |                                                    |  |
| E S 4625                          | 3 |        | Yes         |                                                    |  |
| ES 4645                           | 3 |        | Yes         |                                                    |  |
| Free Elective                     | 3 |        |             |                                                    |  |
| P E Activity Course (1700-1889)   | 1 |        | Yes         |                                                    |  |
| Semester Eight: [15 Credit Hours] |   |        |             |                                                    |  |
| E S 3900                          | 6 |        | Yes         | CAPSTONE                                           |  |
| E S 4555                          | 3 |        | Yes         |                                                    |  |
| E S 4635                          | 3 |        | Yes         |                                                    |  |
| E S 4660                          | 3 |        | Yes         |                                                    |  |

| General Requirements Summary |       |                     |           |             |  |  |
|------------------------------|-------|---------------------|-----------|-------------|--|--|
| Minimum Gen Ed.              |       |                     | Minimum   |             |  |  |
| Total Hours                  | Hours | Writing             | 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 – 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                       |  |  |
| Sophomore Writing                                         | 3     |                                                                              |  |  |
| Integrative Learning Experience                           | 9     | Must choose a minimum of two disciplines                                     |  |  |



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

| 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, Leisure and Exercise Science

Interim Dept. Chair: Dr. N. Travis Triplett, <a href="mailto:triplttnt@appstate.edu">triplttnt@appstate.edu</a>

828.262.7148 hles.appstate.edu