



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]

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

Semester Two: [13-14 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 Perspective
Gen Ed Perspective	3			Hist/Soc Perspective
UCO 1200	3			

Semester Three : [16-17 Credit Hours]

ENG 2001	3			
E S 2031	4		Yes	
PSY 1200 (or CHE 1102/1120)	3-4		Yes	PSY 1200 found in two themes in the Hist/Soc Perspective (CHE 1102/1120 Completes Gen Ed Science Inquiry Perspective)
Gen Ed Perspective	3			Aesthetic Perspective
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		Yes	
E S 2005 or NUT 2202	3		Yes	NUT 2202 Completes 2 s.h. Gen Ed Wellness Literacy
Gen Ed Perspective	3		Yes	Loc/Glob Perspective
Gen Ed Perspective	3			Aesthetic Perspective
PSY 2210	3		Yes	

Semester Five: [16 Credit Hours]

PHY 1103	4		Yes	Begins Gen Ed Science Inquiry Perspective (if CHE not used)
Gen Ed Perspective	3			Loc/Global Perspective
E S 2020	3		Yes	
E S 3002	3		Yes	
PSY 2212	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 Hours	Min. Grade	Major GPA	Important Notes
--------------------------	--------------	------------	-----------	-----------------

Semester Six: [16 Credit Hours]

PHY 1104	4		Yes	Completes Gen Ed Science Inquiry Perspective (if CHE not used)
E S 3005	3		Yes	Writing in the Discipline
Pre-Prof Elective	3		Yes	
Pre-Prof Elective	3		Yes	
Pre-Prof Elective	3			

Semester Seven: [16 Credit Hours]

E S 3550	4		Yes	
Pre-Prof Elective	3		Yes	
Pre-Prof Elective	3		Yes	
E S 4050	3		Yes	CAPSTONE
Free Elective	3			

Semester Eight: [13 Credit Hours]

E S 4555	3		Yes	
Gen Ed Perspective	3			Third Course to Complete 9 s.h. Theme
Pre-Prof Elective	3		Yes	
Pre-Prof Elective	3		Yes	
P E Activity Course (1700-1889)	1		Yes	

General Requirements Summary

Minimum Total Hours	Gen Ed. Hours	Writing	Minimum	
			Major GPA	Overall GPA
122	44	ENG 1000 and ENG 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
Perspectives:		29		
Aesthetic		6 or 9		
Historical & Social		6 or 9		
Local to Global		6 or 9		
Science Inquiry		8		
FA Designator		LS Designator		HS Designator

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, triplettnt@appstate.edu

828.262.7148

hles.appstate.edu