

 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

		Sem	ester One:	[15-17 Credit Hours]
UCO 1200	3			
BIO 1201 & 1203 or CHE 1101/1110 (BIO 1203 is taken only once for a total of 2 credit hours)	3-5		Yes	Begins Gen Ed Science Inquiry
РН 2000	3	С	Yes	General Education -Liberal Studies
Gen Ed Experience	3			Liberal Studies
STT 2820	4		Yes	General Ed Quantitative Literacy

		Semester Two: [	15-17 Credit Hours]
BIO 1202 & BIO 1203 or CHE 1102/1120 (BIO 1203 is taken only once for a total of 2 credit hours)	3-5		Completes Gen Ed Science Inquiry
R C 1000	3		
Gen Ed Experience	3		Liberal Studies
Gen Ed Experience	3		Liberal Studies
Gen Ed Experience	3		Integrative Learning

Semester Three: [16 Credit Hours]					
Gen Ed Experience	3			Integrative Learning	
R C 2001	3				
E S 2030	4	С	Yes	Students planning additional study in an allied health or medical field should take E S 2031/2032 (8 s.h. sequence)	
NUT 2202	3		Yes	Completes 2 s.h. Gen Ed Wellness Literacy	
General Ed Experience	3	С	Yes	PH 2000 if not taken as Gen Ed	

Semester Four: [15 Credit Hours]						
Gen Ed Experience	3			Integrative Learning		
Р Н 2200	3	С	Yes			
РН 3130	3	С	Yes			
РН 3250	3	С	Yes			
РН 3700	3	С	Yes			



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Course Subject and Title     Credit     Min.     Major       Hours     Grade     GPA						

		Semes	ster Five: [	15 Credit Hours]
COM 2131	3	С	Yes	
HCM 2110	3	С	Yes	
РН 3330	3	С	Yes	
Minor or Guided Elective Course	3			Minor or 15 s.h. of Guided Electives is Required for this Major
General Elective Course	3			STT1810, 2810 or 2820 if statistics course was not taken for Gen Ed

Semester Six: [14-15 Credit Hours]						
P H 3800	3	С	Yes	Writing in the Discipline		
P H 4200	3	С	Yes			
Minor or Guided Elective Course	3			Minor or 15 s.h. of Guided Electives is Required for this Major		
Minor or Guided Elective Course	3			Minor or 15 s.h. of Guided Electives is Required for this Major		
General Elective Course	2-3					

Semester Seven: [12 Credit Hours]						
РН 4600	3	С	Yes			
P H Applied Course	3		Yes	Must take 3 of the 4 P H Applied Courses (4000,4300,4400,4650)		
P H Applied Course	3		Yes	Must take 3 of the 4 P H Applied Courses (4000,4300,4400,4650)		
Minor or Guided Elective Course	3			Minor or 15 s.h. of Guided Electives is Required for this Major		

Semester Eight: [12 Credit Hours]						
P H 4800	3	С	Yes			
P H Applied Course	3		Yes	Must take 3 of the 4 P H Applied Courses (4000,4300,4400,4650)		
Minor or Guided Elective Course	3			Minor or 15 s.h. of Guided Electives is Required for this Major		
General Elective Course	3					

		S	ummer: [6	5 Credit Hours]
P H 4900	6	S	Yes	CAPSTONE

General Require	ments Summa	ry		
Minimum	Gen Ed.		Ν	<i>/</i> linimum
Total Hours	Hours	Writing	Major GPA	Overall GPA
122	44	RC 1000, RC 2001 and PH 3800	2.00	2.50



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
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:

- 15 s.h. of guided electives or a minor is required. If a minor is chosen that requires more or less than 15 hours, general electives will need to be adjusted accordingly.
- 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.



APPALACHIAN STATE UNIVERSITY.

## **Department of Health and Exercise Science**

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