

 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: [16 Credit Hours]					
UCO 1200	3				
General Science Inquiry	4			Begins Gen Ed Science Requirement	
P H 2000	3	C	Yes	General Education - Liberal Studies	
Gen Ed Experience	3			Liberal Studies	
Gen Ed Experience	3			Integrative Learning	

Semester Two: [16 Credit Hours]				
General Science Inquiry	4			Completes Gen Ed Science Requirement
R C 1000	3			
Gen Ed Experience	3			Liberal Studies
Gen Ed Experience	3			Liberal Studies
NUT 2202	3		Yes	Completes 2 s.h. Gen Ed Wellness Literacy

Semester Three: [15 Credit Hours]					
Gen Ed Experience	3			Integrative Learning	
R C 2001	3				
P H 2300	2	C	Yes		
STT 2820	4		Yes	Gen Ed Quantitative Literacy	
General Ed Experience	3	С	Yes	PH 2000 if not taken as Gen Ed	

Semester Four: [14 Credit Hours]						
Gen Ed Experience	3			Integrative Learning		
P H 2200	3	C	Yes			
P H 2400	2	C	Yes			
P H 3250	3	С	Yes			
P H 3700	3	С	Yes			



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Semester Five: [15 Credit Hours]						
P H 3130	3	С	Yes			
HCM 2110	3	C	Yes			
РН 3330	3	C	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: [12 Credit Hours]						
P H 3800	3	C	Yes	Writing in the Discipline		
P H 4200	3	C	Yes			
Minor or Guided Elective Course	3			Minor or 15 s.h. of Guided Electives is Required for this Major		
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Semester Seven: [12 Credit Hours]						
P H 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: [14 Credit Hours]						
P H 4800	3	C	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					
General Elective Course	2					

		S	ummer: [6	5 Credit Hours]
Р Н 4900	6	S	Yes	CAPSTONE

General Require	ments Summa	ry		
Minimum	Gen Ed.		Ν	Ainimum
Total Hours	Hours	Writing	Major GPA	Overall GPA
120	44	RC 1000, RC 2001 and PH 3800	2.00	2.50



General Education Program Model - 44 S	emester Hours Tot	al
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.
- As stated in the catalog, the final responsibility for meeting graduation requirements remains with the student.

Beaver College of Health Sciences

APPALACHIAN STATE UNIVERSITY.

Department of Health and Exercise Science

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