



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: [16 Credit Hours]

PH 2000	3	C	Yes	Counts toward Gen Ed Liberal Studies
UCO 1200	3			First Year Seminar
Gen Ed	3			Liberal Studies
Gen Ed	3			Integrative Learning
General Science Inquiry	4			Begins Gen Ed Science Requirement

Semester Two: [16 Credit Hours]

NUT 2202	3		Yes	Completes 2 credit Gen Ed Wellness Literacy
R C 1000	3			First Year Writing
Gen Ed	3			Liberal Studies
Gen Ed	3			Completes Gen Ed Liberal Studies
General Science Inquiry	4			Completes Gen Ed Science Requirement

Semester Three: [16 Credit Hours]

PH 2300	3	C	Yes	
R C 2001	3			Sophomore Writing
STT 2820	4		Yes	Gen Ed Quantitative Literacy STT 1810 or 2810 = 3 hours; remaining 1 credit applied from PH 3330 (Biostatistics)
Gen Ed	3			Integrative Learning
Gen Ed	3			Completes Gen Ed Integrative Learning

Semester Four: [14 Credit Hours]

PH 2200	3	C	Yes	
PH 2400	2	C	Yes	
PH 3250	3	C	Yes	
Minor or Guided Elective Course	3			
Minor or Guided Elective Course	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
--------------------------	--------------	------------	-----------	-----------------

Semester Five: [15 Credit Hours]

PH 3130	3	C	Yes	
PH 3330	3	C	Yes	
PH 3700	3	C	Yes	
Minor or Guided Elective Course	3			
Minor or Guided Elective Course	3			

Semester Six: [12 Credit Hours]

HCM 2110	3	C	Yes	
PH 3800	3	C	Yes	Writing in the Discipline
Minor or Guided Elective Course	3			
Minor or Guided Elective Course	3			

Semester Seven: [12 Credit Hours]

PH 4200	3	C	Yes	
PH Applied Course	3		Yes	
PH Applied Course	3		Yes	
Free Elective	3			

Semester Eight: [13 Credit Hours]

PH 4600	3	C	Yes	
PH 4800	3	C	Yes	
PH Applied Course	3		Yes	
Free Elective	3			
Free Elective	1			

Summer: [6 Credit Hours]

PH 4900	6	S	Yes	CAPSTONE
---------	---	---	-----	----------



General Requirements Summary				
Minimum Total Hours	Gen Ed. Hours	Writing	Minimum	
			Major GPA	Overall GPA
120	44	RC 1000, RC 2001 and PH 3800	2.50	2.50

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
First Year Writing	3	Can be taken first or second semester of freshman year
Wellness Literacy	2	
Quantitative Literacy	4	
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	
<p>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.</p>		

Additional Notes:

- *PH GPA requirements: 2.5 cumulative GPA required for declaration and 2.5 cumulative GPA required for graduation. There are no GPA retention requirements. The Beaver College of Health Sciences requires a minimum 2.0 major GPA for graduation.*
- *PH grade requirements: All PH majors must earn a minimum grade of "C" (2.0) in all PH core courses.*
- *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

Dept. Chair: Dr. Kelly Cole

colekj@appstate.edu

828.262.3140

hes.appstate.edu