Minimum of 132 s.h. required for graduation  (36 s.h. must be 300/400-level courses)
(Additional hours to total 132 s.h. – includes second major, minor, and elective hours.)

Name________________________________________ I.D. #________________________ H.S. deficiencies: Math ____  Foreign Language ____

**General Studies Requirements**
(General Studies must total at least 58 s.h.)

**FIRST-YEAR CORE:**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>GST 110 – Global Experience</td>
<td>(4 s.h.)</td>
</tr>
<tr>
<td>ENG 110 - College Writing</td>
<td>(4 s.h.)</td>
</tr>
<tr>
<td>MTH 112 or 121</td>
<td>(4 s.h.)</td>
</tr>
<tr>
<td>HED 111 – Contemp. Wellness Issues</td>
<td>(2 s.h.)</td>
</tr>
</tbody>
</table>

**Experiential Learning Requirement (ELR):** (One Unit)

May be met by any one of the following: internship, practicum, co-op, study abroad, student teaching, or an approved field-based course. Also may be met by service, leadership, or individualized learning experience.

**Foreign Language Requirement:**

Students must meet one of the following: placing beyond FL 122 on the CAPE placement test, completing a 122-level language course, completing a semester or summer in a university approved program in a non-English speaking country with language study at the 122-level or above, scoring 4 or 5 on an Advanced Placement language exam or similar exam.

**STUDIES IN THE ARTS AND SCIENCES:**

[Transfer students with at least 18 s.h. of transfer credit must complete 32 hours total in Studies in the Arts & Sciences, but may have as few as 7 hours in one or more of the four Studies in the Arts & Sciences areas.]

**Expression**

Eight hours chosen from at least two of the following: literature (in English or foreign languages), philosophy, & fine arts (art, dance, fine arts, music, music theater, and theater arts). At least one course must be literature.

**Civilization**

Eight hours chosen from at least two of the following: history, foreign languages, and religion. Students taking foreign language courses to meet Elon’s proficiency requirement may only apply 4 s.h. of that coursework toward Civilization.

**Society**

Eight hours chosen from at least two of the following: economics, geography, political science, psychology, and sociology.

**Science**

* BIO 161 (Lab: _____)  * BIO 162  
Eight hours chosen from one or more of the following: mathematics, science, and computer science (must have CSC department designation). One course must be a physical or biological laboratory science.

**ADVANCED STUDIES** (Must be outside major.)

Eight hours of 300-400 level courses outside the major field chosen from departments and areas listed under Studies in the Arts and Sciences.

**GST Interdisciplinary Seminar**

[300-400 level GST course; requires junior/senior status.]

**Major Requirements**

A minimum of 60 s.h. in the following courses is required.

**Core requirements (44 sh):**

- ESS 101 (2) – Introduction to Exercise Science
- *BIO 161 (4) - Human Anatomy
- *BIO 162 (4) - Human Physiology
- CHM 111 (3) - General Chemistry
- CHM 113 (1) - General Chemistry Lab
- ESS 263** (4) – Structural and Functional Kinesiology
- ESS 281** (2) - Practicum
- ESS 295 (4) - Research Methods
- ESS 422** (4) - Physiology of Exercise
- ESS 424** (4) – Applied Exercise Physiology
- ESS 495** (4) - Senior Seminar
- PEH 321** (4) – Biomechanics
- PEH 324** (4) - Nutrition

Choose 4 semester hours from the following:

ESS 322 (4) Epidemiology of Physical Activity
ESS 440** (2) Exercise Biochemistry
ESS 441** (2) Cellular Physiology of Nerve and Muscle

Choose 4 semester hours from the following:

ESS 333 (4) Exercise Psychology
ESS 442 (4) Sport Psychology

Choose 8 semester hours from any ESS course or the following:

PEH 421** (4) Chronic and Acute Diseases
ATP 112 (4) Athletic Training I

**Prerequisite required.

NOTE: Any time prior to graduation students must show proof of a valid First Aid / CPR certification.

____Major Total (s.h.)

*Required in major; may count in General Studies.