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

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
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<tbody>
<tr>
<td>GST 110 - Global Experience</td>
<td>(4 s.h.)</td>
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<tr>
<td>ENG 110 - College Writing</td>
<td>(4 s.h.)</td>
</tr>
<tr>
<td>MTH 112 or 121 or 221</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, approved field-based course or documented 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 exam. Students are expected to complete this requirement by the end of their sophomore year.

### 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** (8 s.h.)
[Eight hours chosen from at least two of the following: literature (in English or foreign languages), philosophy, & fine arts (art, art history, dance, fine arts, music, music theatre, & theatre). At least one course must be literature.]

**Civilization** (8 s.h.)
[Eight hours chosen from at least two of the following: history, foreign languages, and religious studies. Students taking foreign language courses to meet Elon’s proficiency requirement may only apply 4 s.h. of that coursework toward Civilization.]

**Society** (8 s.h.)
[Eight hours chosen from at least two of the following: economics, geography, political science, psychology, & sociology/anthropology.]

**Science** *BIO 161 (Lab: ___)* *BIO 162 (8 s.h.)
[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.]

<table>
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<tr>
<td>GST Interdisciplinary Seminar</td>
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300-400 level GST course; requires junior/senior status.

*Required in major; may count in General Studies.

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

**Core requirements (44 s.h.):**
- ____ 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

**Prerequisite required.**

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

____ Major Total (s.h.)

### CHECKLIST FOR GRADUATION REQUIREMENTS IN EXERCISE SCIENCE

**BACHELOR OF SCIENCE**

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 ____

**FIRST-YEAR CORE:**

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**EXPERIENTIAL LEARNING REQUIREMENT:**
One Unit

**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 exam. Students are expected to complete this requirement by the end of their sophomore year.

**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:** (8 s.h.)
[Eight hours chosen from at least two of the following: literature (in English or foreign languages), philosophy, & fine arts (art, art history, dance, fine arts, music, music theatre, & theatre). At least one course must be literature.]

**CIVILIZATION:** (8 s.h.)
[Eight hours chosen from at least two of the following: history, foreign languages, and religious studies. Students taking foreign language courses to meet Elon’s proficiency requirement may only apply 4 s.h. of that coursework toward Civilization.]

**SOCIETY:** (8 s.h.)
[Eight hours chosen from at least two of the following: economics, geography, political science, psychology, & sociology/anthropology.]

**SCIENCE:** *BIO 161 (Lab: ___)* *BIO 162 (8 s.h.)
[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.]

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