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 ____

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

**FIRST-YEAR CORE:**

- GST 110 - Global Experience (4 s.h.)
- ENG 110 - College Writing (4 s.h.)
- MTH 112 or 121 or 221 (4 s.h.)
- HED 111 - Contemp. Wellness Issues (2 s.h.)

**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:**
May be met by one of the following: scoring 4 or 5 on a language Advanced Placement test, or scoring similarly on the IB Higher Level exam; placing beyond FL 122 on the CAPE placement test: completing a 122-level language course; or completing a semester or summer in a university approved program in a non-English speaking country that includes a course in language instruction at the 122 level or above. Only 4 s.h. of language study utilized to meet the graduation requirement apply to Civilization category. 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
- 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.

**Society** (8 s.h.)
-Eight hours chosen from at least two of the following:
- Economics, geography, human services - HSS 111 only, 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 (CSC designation). One course must be a physical or biological laboratory science.

**ADVANCED STUDIES** (Must be outside major.)
-(8 s.h.)
-Eight hours of 300-400 level coursework outside the major field and chosen from areas under Studies in the Arts and Sciences.

**GST Interdisciplinary Seminar** (4 s.h.)
[300-400 level GST course; requires junior/senior status.]

*Required in major; may count in General Studies.

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**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
- ESS 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.)