General Studies Requirements (58-62 sh)

FIRST-YEAR CORE:

GST 110 – Global Experience (4 s.h.)

ENG 110 - College Writing (4 s.h.)
(C- or better required for graduation)

MTH 112 or 121 or 221 (4 s.h.)

HED 111 – Contemporary Wellness (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:
Students must meet one of the following: (a) complete a language course numbered 122 or higher at Elon, or receive transfer or study abroad credit for the same; (b) place into a language course numbered 200 or above upon arriving at Elon, using a department of foreign languages approved placement instrument; (c) score a 4 or 5 on an AP language exam or similar exam. Each student must take the language placement test by October 1 of his or her first full year at Elon. Students are allowed two tries; the higher score is counted. That score stands and may not be repeated by later testing.

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.]

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.

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 (4) - General Chemistry with Lab

_____ ESS 263 (4) – Structural and Functional Kinesiology

_____ ESS 281 (2) - Practicum

_____ ESS 295 (4) - Research Methods

_____ ESS 321 (4) – Biomechanics

_____ ESS 322 (4) – Epidemiology of Physical Activity

_____ ESS 422 (4) - Physiology of Exercise

_____ ESS 424 (4) – Applied Exercise Physiology

_____ ESS 495 (4) - Senior Seminar

_____ PEH 324 (4) - Nutrition

Select one course from the following:

ESS 333 (4) Exercise Psychology

ESS 342 (4) Sport Psychology

_____ Select 8 semester hours from any ESS course:

_______ _______

_____Major Total (s.h.)

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.)