## General Studies Requirements (58-62 sh)

### FIRST-YEAR CORE:
- **GST 110 – Global Experience** (4 s.h.)
- **ENG 110 - Writing: Argument & Inquiry** (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:
1. Complete a language course numbered 122 or above at Elon, or receive transfer credit for a language course numbered 122 or higher at Elon, or receive transfer or study abroad credit for a language course numbered 122 or above that has been completed at a foreign university.
2. Score a 4 or 5 on an AP language exam or similar exam.

### STUDIES IN THE ARTS AND SCIENCES:
Transfer students 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, art history, dance, fine arts, music, music theatre, & theatre.
  - At least one course must be literature.

#### Civilization
- Eight hours chosen from at least two of the following:
  - History, foreign languages, and religious studies.

#### Society
- Eight hours chosen from at least two of the following:
  - Economics, geography, human service studies, political science, psychology, & sociology/anthropology.

#### Science
- **BIO 263** (Lab: ____)
- **BIO 264** (8 s.h.)

#### ADVANCED STUDIES (Must be outside major.)
- 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
- Four hours of 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 263 (4)** - Human Anatomy
- **BIO 264 (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)** Exercise Physiology

Select 8 semester hours from any ESS course:

- ________

Major Total (s.h.)

*Required in major; may count in General Studies.