**General Studies Requirements (56-60 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 110 or 151 or 220** (4 s.h.)

### Experiential Learning Requirement (ELR – 2 units required):
Included in experiential learning are study abroad, research, service-learning, leadership, internships, (including co-ops, teaching, and practicum), or other courses or experiences with ELR designation.

### 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 service studies, political science, psychology, & sociology/anthropology.

- **Science/Analysis** *BIO 263 (Lab: ___) *BIO 264 (8 s.h.)
  - Eight hours chosen from one or more of the following: mathematics/statistics, science, computer science and information science. At least one course must be a physical or biological laboratory science.

### ADVANCED STUDIES (Must be outside major.)
(8 s.h.)

### GST Interdisciplinary Capstone Seminar
(4 s.h.)

**Major Requirements**
A minimum of 58 s.h. in the following courses is required.

**Core requirements:**
- ESS 101 (4) – Introduction to Exercise Science
- *BIO 263 (4) - Human Anatomy
- *BIO 264 (4) - Human Physiology
- CHM 111 (4) - General Chemistry with Lab
- ESS 263 (4) – Neuromotor Control
- ESS 281 (2) - Practicum
- ESS 295 (4) - Research Methods
- ESS 321 (4) – Biomechanics
- ESS 323 (4) – Bioenergetics of Physical Activity
- ESS 324 (4) - Physiology of Exercise
- ESS 424 (4) – Applied Exercise Physiology
- ESS 495 (4) - Senior Seminar

Select one course from the following:
- ESS 333 (4) Exercise Psychology
- ESS 342 (4) Sport Psychology

Select 8 semester hours from any ESS course or PEH 324 Nutrition:

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**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. __________________________

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<th>CHECKLIST FOR GRADUATION REQUIREMENTS IN EXERCISE SCIENCE</th>
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*Required in major; may count in General Studies.