2016-17

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. #_____________________

Elon Core Curriculum (56-60 sh)

FIRST-YEAR FOUNDATIONS:
COR 110 – Global Experience (4 s.h.)
ENG 110 – Writing: Argument & Inquiry (4 s.h.)
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

World 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 world 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. Consideration for Phi Beta Kappa membership requires completion of one intermediate world language course, placement beyond that level or equivalent proficiency.

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.)

Civilization _______ ________ (8 s.h.)

Society _______ ________ (8 s.h.)

Science/Analysis *BIO 263 (Lab: ___) *BIO 264 (8 s.h.)

ADVANCED STUDIES (Must be outside major.)

COR 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
___ 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) – Exercise Testing and Prescription
___ ESS 495 (4) - Senior Seminar
___ CHM 111 (4) - General Chemistry with Lab
___ *BIO 263 (4) - Human Anatomy
___ *BIO 264 (4) - Human Physiology

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:

___ Major Total (s.h.)

*Required in major; may count in Elon Core Curriculum.