

**B.S. Exercise Science – Wellness Promotion
2015-2016 Catalog**

This plan is an unofficial document used for advisement only.

How to use this program plan: Write the grade for the course that satisfies each requirement. If the student takes a course that is chosen from a list of possible courses, circle the course number taken in addition to writing the grade.

Student Name _____
 . Id No _____
 S. Phone (w) _____ (h) _____
 S. alt. email _____
 Adviser _____
 A. phone _____
 A. email _____

General Education: (60 hours)

School Grade

**Area A – Essential Skills: (9 hours)
("C" or better)**

- _____ ENGL 1101 English Composition I
- _____ ENGL 1102 English Composition II
- _____ MATH 1113 Pre-calculus OR MATH 2200 Calculus I

Area B – Institutional Option (4 hours)

- _____ ITEC 1001 Introduction to Computing

Area C – Humanities/Fine Arts (6 hours)

Select one from the following:

- _____ MUSC 1100/ARTS 1100/ENGL 2110/2100/FILM 1005

Select one from the following:

- _____ RELN 1100/GEOG 1101/2000 level foreign lang.

Area D – Science, Math, Technology (11 hrs)

Select one of the following CHEM sequences:

- _____ CHEM 1211K **and** 1212K or
- _____ CHEM 1151K **and** 1152K

Select one from the following:

- _____ ITEC 2110/ ITEC 2120

Area E – Social Science (12 hours)

- _____ POLS 1101 American Government
- _____ HIST 2111 **or** HIST 2112 U.S. History I & II

Select one course:

- _____ HIST 2111 (if not used above)
- _____ HIST 2112 (if not used above)
- _____ HIST 1111 World History I
- _____ HIST 1112 World History II
- _____ HIST 1121 Western Civ I
- _____ HIST 1122 Western Civ II
- _____ PSYC 1102/SOCI 1101/ANTH 1102/ECON2100

**Area F – Courses Related to the Program of Study
(18 hours) ("C" or better)**

- _____ BIOL 2451K Human Anatomy & Physiology I
- _____ BIOL 2452K Human Anatomy & Physiology II
- _____ PHYS 1111K Introduction to Physics I
- _____ BIOL 2516K Microbiology for Health Sciences

- Promotion
- _____ EXSC 3101K Exercise Physiology
 - _____ EXSC 3200 Psychosocial Aspects of Health and Wellness
 - _____ EXSC 3500K Biomechanics
 - _____ EXSC 3350 Community Wellness
 - _____ EXSC 3800 Nutrition in Health & Exercise
 - _____ EXSC 4200 Epidemiology & Physical Activity
 - _____ EXSC 4400 Wellness Promotion Program Planning
- Select one of the following:
- _____ EXSC 4700 Internship
 - _____ STEC 4500 Undergraduate Research

Other Required Courses (3-6 hours)

- _____ PSYC 1102 The Psychological Experience (*If not taken in Area E*)
- _____ MATH 2000 Statistics

Additional Electives (24-27 hours)

9 hours must have an EXSC prefix at the 3000/4000 level

Additional Requirements

Physical Education (3 hours)

- _____ Choices for Life (1 hour)
- _____ Additional Physical Education (2 hours)

Regents Requirements – The requirements for US and Georgia History and Constitution can be satisfied by transfer credit of HIST 2111 OR 2112 and POLS 1101 from a University System of Georgia institution. If not satisfied, the student should work with their adviser concerning exemption exams or can complete the courses.

- ___ US Constitution ___ Georgia Constitution
- ___ US History ___ Georgia History

**Program of Study: (60 hours) Grade of "C" or Better
(39 hours must be at the 3000-4000 level)**

School Grade

Required Exercise Science Courses (30 hours)

- _____ EXSC 3000 Intro to Exercise Science & Wellness