

**B.S. Exercise Science
2011/2012 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.

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)

- Choose one from the following:*
- _____ MUSC 1100/ARTS 1100/ENGL 2110/2100/FILM 1005
- Choose one from the following:*
- _____ RELN 1100/GEOG 1101/2000 level foreign lang

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

- _____ CHEM 1211K *and* 1212K

- Choose 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
- Select one of the following:*
- _____ PSYC 1102/SOCI 1101/ANTH 1102/ECON2100

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

- _____ BIOL 1107K Principles of Biology I
- _____ BIOL 1108K Principles of Biology II
- _____ PHYS 1111K Introduction to Physics I
- _____ PHYS 1112K Introduction to Physics II

Student Name _____

. Id No _____

S. Phone (w) _____ (h) _____

S. alt. email _____

Adviser _____

A. phone _____

A. email _____

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

School Grade

Required Biology Courses (26 hours)

- _____ EXSC 3000 Principles of Exercise Science
- _____ EXSC 3100 Principles of Kinesiology
- _____ EXSC 3101K Exercise Physiology
- _____ EXSC 3200 Psychosocial Aspects of Health and Wellness
- _____ EXSC 3300 Fitness Assessment and Emergency Health Care
- _____ EXSC 3600 Biomechanics of Musculoskeletal Injuries
- _____ EXSC 4100K Exercise Testing and Prescription
- _____ Choose one of the following:
_____ EXSC 4700 Internship
_____ STEC 4500 Undergraduate Research

Other Required Courses (15–18 hours)

- _____ BIOL 3400K Cell Biology
- _____ PSYC 1102 The Psychological Experience
- _____ MATH 2000 Statistics
- _____ BIOL 2451K Anatomy and Physiology I
- _____ BIOL 2452K Anatomy and Physiology II

**Additional Electives (16–19 hours)
**At least 3 classes must have EXSC prefix
Nine hrs must be at 3000/4000 level****

Additional Requirements

Physical Education (3 hours)

- _____ Wellness (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