

**B.S. Exercise Science
2009/2010 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)

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 – Natural Sciences, Math, Technology
(11 hours)

- _____ CHEM 1211K **and** 1212K

Choose one from the following:

- _____ ITEC 2110 Digital Media
- _____ ITEC 2120 Introduction to Programming

Area E – Social Science (12 hours)

Choose one sequence from the following:

- _____ HIST 2111 **and** 2112 U.S. History I & II or
- _____ HIST 1111 **and** 1112 World History I & II or
- _____ HIST 1121 **and** 1122 Western Civ I & II

- _____ POLS 1101 American Government

Choose one from the following:

- _____ SOCI 1101/ANTH 1102/ECON 2100/PSYC 1102

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
- _____ 1 hour each from Area A and D

Additional Requirements (3-4 hours)

Physical Education Requirement

- _____ Wellness (1 hour)
- _____ Additional Physical Education (2 hours)
- _____ GGC 1000 (if entered with less than 30 hours)

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

School Grade

Required Biology Courses (28 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

_____ Student Success courses may be required for entry in other courses.

_____ Pass or Exempt Regents' Reading Test

_____ Pass or Exempt Regents' Writing Test

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