

Exercise Science & Wellness Program Checklist 2011 – 2013

AREA I – Written Composition (6 Hrs in Sequence)

_____	_____	(3) EH 101	English Composition I
_____	_____	(3) EH 102	English Composition II

AREA II – Humanities & Fine Arts (12 Hrs)*

*Students must complete a 6-hour sequence in either Literature or History

_____	_____	(3) EH 141	Oral Communication (3 Hrs)
Plus			
Select three of the following courses: (9 Hrs)			
_____	_____	(3) Art 202	Art Appreciation
_____	_____	(3) DR 242	Introduction to Theatre
_____	_____	(3) EH 201	American Literature I
_____	_____	(3) EH 202	American Literature II
_____	_____	(3) EH 203	Survey of English Literature I
_____	_____	(3) EH 204	Survey of English Literature II
_____	_____	(3) EH 219	Honors English Literature I
_____	_____	(3) EH 220	Honors English Literature II
_____	_____	(3) EH 231	World Literature I
_____	_____	(3) EH 232	World Literature II
_____	_____	(3, 3) FH 101/102	Beginner's French
_____	_____	(3, 3) FH 201/202	Intermediate French
_____	_____	(3, 3) SH 101/102	Beginner's Spanish
_____	_____	(3, 3) SH 201/202	Intermediate Spanish
_____	_____	(3) MU 233	Introduction to Music

AREA III – Natural Sciences & Mathematics (11 Hrs)

Science Sequence – (8 hrs)

_____	_____	(4) BY 101/103L	General Biology/Lab
_____	_____	(4) BY 102/104L	General Biology/Lab
_____	_____	(4) CY 105/107L	General Chemistry/Lab
_____	_____	(4) CY 106/108L	General Chemistry/Lab
_____	_____	(4) GL 241/243L	Geology/Lab
_____	_____	(4) GL 242/244L	Geology/Lab
_____	_____	(4) GY 250/252L	Geography/Lab
_____	_____	(4) GY 251/253L	Geography/Lab
_____	_____	(4) PHS 201/211L	College Physics/Lab
_____	_____	(4) PHS 202/212L	College Physics/Lab
_____	_____	(4) PHS 211/211L	Physics Scientists/Engineers
_____	_____	(4) PHS 212/212L	Physics Scientists/Engineers

Mathematics – (3 hrs)

_____	_____	(3) MS 112	Precalculus Algebra (or higher)
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AREA IV – History, Social & Behavioral Sciences (12 Hrs)*

*Students must complete a 6-hour sequence in either Literature or History

_____	_____	(3) AN 224	Introduction to Anthropology
_____	_____	(3) EC 221	Principles of Microeconomics
_____	_____	(3) EC 222	Principles of Macroeconomics
_____	_____	(3) GY 120	World Regional Geography
_____	_____	(3) GY 220	Human Geography
_____	_____	(3) HY 101	Western Civilization I
_____	_____	(3) HY 102	Western Civilization II
_____	_____	(3) HY 201	American History I
_____	_____	(3) HY 202	American History II
_____	_____	(3) PSC 100	American Government
_____	_____	(3) PSY 201	Principles of Psychology
_____	_____	(3) PSY 222	Human Development
_____	_____	(3) SY 221	Introduction to Sociology

AREA V – Pre-Professional, Major, Minor & Electives

Pre-Professional Studies (17 Hrs)

_____	_____	(3) HPE 109	Concepts of Wellness
_____	_____	(1) HPE 165	Intro to ESW
_____	_____	(3) HPE 209	Esst. of Human Performance
_____	_____	(3) FCS 215	Introduction to Nutrition <i>or</i>
_____	_____	(3) FCS 322	Normal Nutrition
_____	_____	(3) MS 204	Basic Statistics <i>or</i>
_____	_____	(3) SY 304	Social Statistics
_____	_____	(4) BY 263*	Human Anatomy & Physiology

*BY 263 may substitute for BY 102/104. If this is the case, the student must take an additional 4 hours of coursework to meet the 128 hr. requirement.

Professional Studies (43 Hrs)

_____	_____	(2) HPE 232	Sports Safety & First Aid
_____	_____	(3) HPE 272	Basic Athletic Training
_____	_____	(3) HPE 301	Fitness Management
_____	_____	(3) HPE 350	Intro to Personal Training
_____	_____	(2) HPE 362	Kinesiology
_____	_____	(3) HPE 375	Therapeutic Ex and Modalities
_____	_____	(3) HPE 400	Exercise Physiology
_____	_____	(3) HPE 405	Scientific Prin of Conditioning
_____	_____	(3) HPE 406	Physical Fitness Techniques
_____	_____	(3) HPE 415	Biomechanics
_____	_____	(3) HPE 440	Fitness Testing
_____	_____	(3) HPE 441	Design of Wellness Programs
_____	_____	(3) HPE 450	ESW Research Seminar
_____	_____	(6) HPE 465	Practicum in ESW

Departmental Electives with approval of Advisor (3 Hrs)

_____	_____	() _____
_____	_____	() _____
_____	_____	() _____
_____	_____	() _____
_____	_____	() _____
_____	_____	() _____
_____	_____	() _____

Minor and General Electives with approval of Advisor (24 Hrs)**

_____	_____	() _____
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_____	_____	() _____

**Minors are required and may be selected from any field in which minors are offered except for Physical Education.

NOTE: Of the 128 Total Semester Hours, 52 must be at the 300 level or above, 64 must be completed at a 4-year institution, and 32 must be earned from JSU. Students must maintain a minimum 2.50 GPA, pass the ECE, and take the CBASE in order to meet graduation requirements for an ESW degree.