Exercise Science & Wellness Program Checklist

2007 – 2009

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)

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 (16 Hrs)

_____ _____ (3) CS 201 Intro. To Data Processing *or*
_____ _____ (3) TEC 201 Microcomputers
_____ _____ (3) FCS 215 Introduction to Nutrition *or*
_____ _____ (3) FCS 322 Normal Nutrition
_____ _____ (3) MGT 301 Principles of Management
_____ _____ (3) MS 204 Basic Statistics *or*
_____ _____ (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)

_____ _____ (3) HPE 109 Concepts of Wellness
_____ _____ (1) HPE 165 Intro to ESW
_____ _____ (2) HPE 232 Sports Safety & First Aid
_____ _____ (3) HPE 272 Basic Athletic Training
_____ _____ (3) HPE 318 Health Ed for Special Pop
_____ _____ (2) HPE 362 Kinesiology
_____ _____ (3) HPE 375 Therapeutic Ex and Modalities
_____ _____ (3) HPE 388 ESW Research Seminar
_____ _____ (3) HPE 400 Exercise Physiology
_____ _____ (3) HPE 405 Scientific Prin of Conditioning
_____ _____ (3) HPE 406 Physical Fitness Techniques
_____ _____ (2) HPE 415 Biomechanics
_____ _____ (3) HPE 440 Fitness Testing
_____ _____ (3) HPE 441 Design of Wellness Programs
_____ _____ (6) HPE 465 Practicum in ESW

Departmental Electives with approval of Advisor (4 Hrs)

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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 2.00 GPA, pass the ECE, and take the CBASE in order to meet graduation requirements. (8.21.09)