## Exercise Science & Wellness Program Checklist

### 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) KY 120 World Regional Geography
- (3) KY 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 350 Intro to Personal Training
  - (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)

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

**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)