Exercise Science & Wellness Program Checklist
2011 – 2012

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 with a minimum of 3 semester hours in Literature and History.*

_____	_____ (3) EH 141	Oral Communication **(3 Hrs)**

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 with a minimum of 3 semester hours in Literature and 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 (20 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 *or*
_____	_____ (3) FCS 322	Normal Nutrition
_____	_____ (3) CS 201	Intro. to Data Processing *or*
_____	_____ (3) TEC 201	Microcomputers
_____	_____ (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 not the case, the student will require more than 128 hrs. to graduate.

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 388	ESW Research Seminar
_____	_____ (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
_____	_____ (6) HPE 465	Practicum in ESW

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. The catalogue of record is the official document determining graduation requirements.