**Degree: Bachelor of Science**

**Major: Exercise Science**

**2016-2017**

Students requiring developmental course work based on low entrance exam scores (ACT, SAT, ASSET, COMPASS) may not be able to complete this program of study in eight (8) semesters. Students having completed college level courses prior to enrollment will be assisted by their advisor in making appropriate substitutions. A minimum of 120 credit hours, of which 45 hours must be upper division credit (3000-4000 level), is required for this degree (developmental courses are excluded). Mandatory state and institutional assessment exams will be required during your degree program.

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|  | Year 1 |  |  |  | Year 1 |  |  |
|  | Fall Semester |  |  |  | Spring Semester |  |  |
| Course No. | Course name | Hrs | Grade | Course No. | Course Name | Hrs | Grade |
| ENG 1003 | Eng. Composition I | 3 |  | ENG 1013 | Eng. Composition II | 3 |  |
| COMS 1203 | Oral Communication | 3 |  | BIO 2221 | Human Anatomy and Physiology Lab II | 1 |  |
| MATH 1023 | College Algebra | 3 |  | BIO 2223 | Human Anatomy and Physiology II | 3 |  |
| HPES 1013 | Intro to HPESS | 3 |  | PE 1002 | Concepts of Fitness | 2 |  |
| BIO 2201 | Human Anatomy and Physiology Lab I | 1 |  | ENG 2003, ENG 2013, or PHIL 1103 | World Lit to 1600,  World Lit since 1600,  or Intro to Philosophy | 3 |  |
| BIO 2203 | Human Anatomy and Physiology I | 3 |  | HLTH 2513 | Principles of Personal Health | 3 |  |
| Total hours |  | 16 |  |  |  | 15 |  |

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|  | Year 2 |  |  |  | Year 2 |  |  |
|  | Fall Semester |  |  |  | Spring Semester |  |  |
| Course No. | Course name | Hrs | Grade | Course No. | Course Name | Hrs | Grade |
| ANTH 2233, ECON 2313, ECON 2333, GEOG 2613, HIST 1013, HIST 1023, CMAC 1003, POSC 1003 PSY 2013, or SOC 2213 | Intro to Anthropology, Prin of Macroeconomics, Econ Issues & Concepts, Intro to Geography, World Civ to 1660,  World Civ since 1660  Mass Communications, Intro to Politics,  Intro to Psychology, or Intro to Sociology | 3 |  | ANTH 2233, ECON 2313, ECON 2333, GEOG 2613, HIST 1013, HIST 1023, CMAC 1003, POSC 1003 PSY 2013, or SOC 2213 | Intro to Anthropology,  Prin of Macroeconomics,  Econ Issues & Concepts,  Intro to Geography,  World Civ to 1660,  World Civ since 1660  Mass Communications,  Intro to Politics,  Intro to Psychology, or  Intro to Sociology | 3 |  |
| HIST 2763, HIST 2773, or POSC 2103 | US History to 1876,  US History since 1876, or Intro to US Government | 3 |  | ART 2503, MUS 2503, or THEA 2503 | Fine Arts Visual,  Fine Arts Musical, or  Fine Arts Theater | 3 |  |
| CHEM 1011 | General Chemistry Lab I | 1 |  | HLTH 2523 | First Aid an Safety | 3 |  |
| CHEM 1013 | General Chemistry I | 3 |  |  | Electives | 6 |  |
|  | Elective | 3 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Total hours |  | 13 |  |  |  | 15 |  |

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|  | Year 3 |  |  |  | Year 3 |  |  |
|  | Fall Semester |  |  |  | Spring Semester |  |  |
| Course No. | Course name | Hrs | Grade | Course No. | Course Name | Hrs | Grade |
| ES 3543 | Human Anatomy and Anatomic Fund of Motion | 3 |  | ES 3623 | Techniques of Physiological Fitness Assessment | 3 |  |
| ES 3553 | Basic Physiology of Activity | 3 |  | ES 3633 | Nutrition for Health, Sport, and Exercise | 3 |  |
| ES 3653 | Techniques of Aerobic Conditioning | 3 |  | ES 3713 | Cardiovascular Physiology | 3 |  |
| ES 3743 | Research and Statistical Methods in Exercise Science | 3 |  | ES 4693 | Techniques of Strength Training and Conditioning | 3 |  |
|  |  |  |  | PE 4843 | Philosophy and Ethics | 3 |  |
| Total hours |  | 12 |  |  |  | 15 |  |

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|  | Year 4 |  |  |  | Year 4 |  |  |
|  | Fall Semester |  |  |  | Spring Semester |  |  |
| Course No. | Course name | Hrs | Grade | Course No. | Course Name | Hrs | Grade |
| ES 4683 | Exercise Prescription and Fitness Programming | 3 |  | ES 4673 | Fitness Programming for Special Populations | 3 |  |
| ES 4813 | Applied Motor Learning | 3 |  | HLTH 4643 | Health Promotion Implementation and Evaluation | 3 |  |
| ES 4763 | Kinesiology | 3 |  | ES 4843 | Preinternship | 3 |  |
| HLTH 4543 | Drug Use and Abuse | 3 |  |  | Electives | 4 |  |
| HLTH 4633 | Health Promotion Assessment and Planning | 3 |  |  |  |  |  |
| Total hours |  | 15 |  |  |  | 13 |  |

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|  | Year 4 |  |  |  | Year 4 |  |  |
|  | Summer 1 |  |  |  | Summer 2 |  |  |
| HPES 4893 | Internship I | 3 |  | HPES 4893 | Internship II | 3 |  |
| Total hours |  | 3 |  |  |  | 3 |  |
| Total degree hours | 120 |  |  |  |  |  |  |

Graduation requirements:

2.00 GPA at ASU

2.00 GPA Overall

Maximum of 31 credit hours via correspondence, extension, examination, PLA, Military or similar means; CLEP (30 hrs max)

45 JR/SR hours after completing 30 hours

120 Total credit hours

18 of last 24 hours must be ASU-J campus

Minimum of 57 hours from 4-year institutions

32 Resident hours if completing second degree and first degree was not from ASU-J

C or better in: ENG 1003, ENG 1013, CHEM 1013, CHEM 1011, MATH 1023, HPES 1013, BIO 2201, BIO 2203, BIO 2221, BIO 2223, and all Major Requirements (ES, HLTH, PE courses)