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| For Academic Affairs and Research Use Only | |
| Proposal Number | EBS18 |
| CIP Code: |  |
| Degree Code: |  |

**Program Modification Form**

**[X] Undergraduate Curriculum Council**

**[ ] Graduate Council**

|  |
| --- |
| **Modification Type: [ ]Admissions, [X]Curricular Sequence, or [ ]Other** |

Signed paper copies of proposals submitted for consideration are no longer required. Please type approver name and enter date of approval.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | Amanda Wheeler Gryffin | 9/22/2021 |   **Department Curriculum Committee Chair** | |  |  | | --- | --- | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Enter date |   **COPE Chair (if applicable)** |
| |  |  | | --- | --- | | Paul Finnicum | 9/22/2021 |   **Department Chair** | |  |  | | --- | --- | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Enter date |   **Head of Unit (if applicable)** |
| |  |  | | --- | --- | | Wayne Wilkinson | 10/8/2021 |   **College Curriculum Committee Chair** | |  |  | | --- | --- | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Enter date |   **Undergraduate Curriculum Council Chair** |
| |  |  | | --- | --- | | Mary Elizabeth Spence | 10/11/2021 |   **Office of Assessment** *(only for changes impacting assessment)* | |  |  | | --- | --- | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Enter date |   **Graduate Curriculum Committee Chair** |
| |  |  | | --- | --- | | Lance G. Bryant | 10/11/2021 |   **College Dean** | |  |  | | --- | --- | | Alan Utter | 11/16/2021 |   **Vice Chancellor for Academic Affairs** |
| |  |  | | --- | --- | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Enter date |   **General Education Committee Chair (if applicable)** |  |

1. **Contact Person** (Name, Email Address, Phone Number)

Amanda Wheeler Gryffin

awheeler@astate.edu

870-680-8107

1. **Proposed Change** (for undergraduate curricular changes please provide an 8-semester plan (appendix A), if applicable)

Eliminate the following courses from the degree: CHEM 1011 General Chemistry I Lab, CHEM 1013 General Chemistry I, HLTH 2513 Principles of Personal Health, HLTH 4633 Health Promotion Assessment & Planning, HLTH 4643 Health Promotion Implementation & Evaluation, HPES 1883, and PE 4843 Philosophy & Ethics in Sport.

Require existing courses: CHEM 1041 Fundamental Concepts of Chemistry Lab, CHEM 1043 Fundamental Concepts of Chemistry, CS 1013 Introduction to Computers, PE 1111 Physical Conditioning, PE 4853 Applied Psychology of Sports & Exercise, and PSY 2013 Introduction to Psychology.

Require new courses: ES 4663 Workplace Wellness and ES 4773 Biomechanics of Human Motion.

Change elective hours from 10-13 to 12.

Change course description for ES 3623 Techniques of Physiological Fitness Assessment.

Change title of ES 3543 Human Anatomy and Anatomic Fundamentals of Motion to Anatomic Fundamentals of Motion.

1. **Effective Date**

Fall 2022

1. **Justification –** *Please provide details as to why this change is necessary.*

Students do not need the more in-depth Chemistry course (CHEM 1011 & 1013) in order to be successful in the Exercise Science program. Therefore, Fundamental Concepts of Chemistry and Lab (CHEM 1041 & 1043) were deemed more appropriate.

Principles of Personal Health (HLTH 2513) and Concepts of Fitness (PE 1002) were found to duplicate material. Requiring only the 2 hour PE 1002 course allows us to utilize an additional 3 hours for a new course.

Health Promotion Assessment & Planning (HLTH 4633) and HLTH Promotion Implementation & Evaluation (HLTH 4643) will be phased out of face to face offerings as the Health Promotion program moves online. We have created a new course to encompass the most pertinent information from these courses that will serve our students in ES 4663 Workplace Wellness.

Foundations of HPESS (HPES 1883) is designed as an introductory level course. Students enrolling as ES majors after taking a departmental FYE course in a different department do not need to take this course as it covers the same material found in the HPESS FYE course.

Philosophy & Ethics in Sport (PE 4843) was found to be ineffective for Exercise Science students in that the content was not relevant to the field. The American College of Sports Medicine examination for personal trainers seems to focus more on the psychology of sport and exercise. Therefore, Introduction to Psychology (PSY 2013) and Applied Psychology of Sports & Exercise (PE 4853) were deemed more relevant.

Interactions with students have opened dialogue in which students have expressed their desire for a course focused on beginning weight training. Physical Conditioning (PE 1111) already exists and encompasses this content. Adding this course takes up one hour of electives as previously listed bringing the total from 13 to 12.

Faculty have identified deficiencies in students’ abilities to utilize basic computer programs to complete assignments. Therefore, CS 1013 Introduction to Computers was added as a required course.

Currently Kinesiology (ES 4763) attempts to cover material related to the Kinesiology as well as Biomechanics. Adding a new course to focus on biomechanics (ES 4773 Biomechanics of Human Motion) allows faculty the time to thoroughly cover the material for each.

The content for ES 3623 Techniques of Physiological Fitness Assessment has changed over time as the American College of Sports Medicine (ACSM) guidelines have changed. This update keeps our program in line with the ACSM guidelines.

Changing the name from (ES 3543) Human Anatomy and Anatomic Fundamentals of Motion to Anatomic Fundamentals of Motion clears some confusion students have had regarding this course and BIO 2203 and 2223. This will help streamline the advising process.

**Bulletin Changes**

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| --- |
| **Instructions** |
| **Please visit** [**http://www.astate.edu/a/registrar/students/bulletins/index.dot**](http://www.astate.edu/a/registrar/students/bulletins/index.dot) **and select the most recent version of the bulletin. Copy and paste all bulletin pages this proposal affects below. Please include a before (with changed areas highlighted) and after of all affected sections.**  **\*Please note: Courses are often listed in multiple sections of the bulletin. To ensure that all affected sections have been located, please search the bulletin (ctrl+F) for the appropriate courses before submission of this form.** |

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Major in Exercise Science

EXERCISE SCIENCE ADMISSION REQUIREMENTS

All candidates for a Bachelor of Science in Exercise Science must obtain official admission to the program. Students desiring admission to the ES program must meet the following criteria:

1.Declare major in Bachelor of Science in Exercise Science.

2.Minimum cumulative GPA of 2.75.

3.Completion of the following courses with a grade of “C” or better in each course: PE 1002, BIO 2201, BIO 2203, BIO 2221, BIO 2223, CHEM 1011, and CHEM 1013.

4.Submission of the application to the departmental administrative specialist or the exercise science program coordinator by May 1 to be considered for fall admission or December 1 for spring admission. Applications can be obtained from The Department of HPESS office (221) or any Exercise Science advisor.

Generally, application will occur after completion of 45 total hours.

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Major in Exercise Science

**Bachelor of Science**

A complete 8-semester degree plan is available at https://www.astate.edu/info/academics/degrees/

|  |  |
| --- | --- |
| University Requirements: | |
| See University General Requirements for Baccalaureate degrees (p. 42) | |
| **First Year Making Connections Course:** | Sem. Hrs. |
| HPES 1013, Introduction to HPESS (Making Connections) | 3 |
| **General Education Requirements:** | Sem. Hrs. |
| See General Education Curriculum for Baccalaureate degrees (p. 78)  Students with this major must take the following (Grade of “C” or better required):  *MATH 1023, College Algebra or MATH course that requires MATH 1023 as a prerequisite*  *BIO 2203 AND 2201, Human Anatomy/Physiology I and Laboratory*  *CHEM 1013, General Chemistry I AND CHEM 1011, General Chemistry I Laboratory*  *COMS 1203, Oral Communication (Required Departmental Gen. Ed. Option)* | 35 |
| **Major Requirements:**  Grade of “C” or better required for all Major Requirements | Sem. Hrs. |
| BIO 2223 AND 2221, Human Anatomy/Physiology II and Laboratory | 4 |
| ES 3543, Human Anatomy and Anatomical Fundamentals of Motion | 3 |
| ES 3553, Basic Physiology of Activity | 3 |
| ES 3623, Techniques of Physiological Fitness Assessment | 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 4673, Exercise Prescription for Special Populations | 3 |
| ES 4683, Exercise Prescription and Fitness Programming | 3 |
| ES 4693, Techniques of Strength Training and Conditioning | 3 |
| ES 4763, Kinesiology | 3 |
| ES 4813, Applied Motor Learning | 3 |
| ES 4843, Practicum/Pre-Internship | 3 |
| HLTH 2513, Principles of Personal Health | 3 |
| HLTH 2523, First Aid and Safety | 3 |
| HLTH 4543, Drug Use and Abuse | 3 |
| HLTH 4633, Health Promotion Assessment Planning | 3 |
| HLTH 4643, Health Promotion Implementation and Evaluation | 3 |
| HPES 1883, Foundations of HPESS  *Must be completed ONLY if HPES 1013 is not completed as the First Year Making Connec­tions Course.* | 0-3 |
| HPES 4896, Internship in HPESS OR  HPES 4863, Internship in HPESS I AND HPES 4893, Internship in HPESS II | 6 |
| PE 1002, Concepts of Fitness | 2 |
| PE 4843, Philosophy and Ethics in Sport | 3 |
| Sub-total | 69-72 |
| **Electives:** | Sem. Hrs. |
| Electives | 10-13 |
| **Total Required Hours:** | **120** |

Pages 515-516

ENGR 4703. Environmental Safety and Health Engineering Survey and analysis of con-temporary environmental, safety, and health-related topics pertinent to engineering and technology applications and practice, including technical, regulatory, economic, and other non-technical aspects. Prerequisite, Senior undergraduate status in the College of Agriculture, Engineering and Technology or College of Science and Mathematics, or admission into the ASU Environmen-tal Science graduate program or Engineering Management graduate program. Dual listed as ENGR 5703. Irregular.

Exercise Science (ES)

ES 3543. Human Anatomy and Anatomic Fundamentals of Motion Analysis of the parts of the human body and their position, structure, and functions as related to human motion. Fall, Spring, Summer.

ES 3553. Basic Physiology of Activity A basic study of the organs and systems of the human body, with particular emphasis on the effects of physical activity of the functioning of the systems. Fall, Spring, Summer.

ES 3623. Techniques of Physiological Fitness Assessment Study of graded exercise testing in the evaluation of functional work capacity. Testing modalities will include, treadmill, bicycle ergometer, bench or step testing, and field testing. Prerequisites, grade of “C” or better in ES 3543 and ES 3553. Fall, Spring.

ES 3633. Nutrition for Health, Sport and Exercise Provides the student with information about nutrition as it pertains to health, sport, and exercise. Spring, Summer.

ES 3653. Techniques of Aerobic Conditioning Principles and methods of exercise leadership. Includes exercise programming and participation, teaching methods, technique evaluation, supervision, and leadership for various types of group aerobic exercise programs including field, gymnasium and aquatic exercise. Corequisite, ES 3543 and 3553. Fall.

ES 3713. Cardiovascular Physiology This course is designed to introduce the student to the study of cardiovascular physiology with an emphasis on normal versus abnormal function. It provides an in depth study of the cardiovascular system and its various responses to acute and chronic exercise. Prerequisites grade of “C” or better in BIO 2201, BIO 2203, BIO 2221, BIO 2223, and ES 3553, or instructor permission. Spring.

ES 3743. Research and Statistical Methods in Exercise Science Fundamental aspects of the clinical research process involving human subjects. The course will include an overview of the research process, procedures, sampling data collection and analysis. Fall, Spring, Summer.

ES 4673. Exercise Prescription for Special Populations Provide the students with principles and practice in developing exercise regimens and programs specifically designed for special populations. Prerequisites, grade of “C” or better in ES 4683, or instructor permission. Spring.

ES 4683. Exercise Prescription and Fitness Programming The application of basic physiological principles in the prescription of exercise and the administration of conditioning programs for individuals of differing ages, health status, and occupational status. Prerequisite, grade of “C” or better in ES 3623, or instructor permission. Fall.

ES 4693.Techniques of Strength Training and Conditioning The study of current principles and procedures essential to strength training and conditioning practices. Emphasis is placed on the development and practical applications of aerobic conditioning, joint flexibility, and muscular strength, power and endurance programs. Prerequisites, a grade of “C” or better in ES 3543, and ES 3553, or instructor permission. Spring, Summer.

ES 4763. Kinesiology Mechanics of human motion and its application to physical activity. Prerequisite, grade of “C” or better ES 3543, or instructor permission. Fall, Spring, Summer.

ES 4813. Applied Motor Learning The study and practical applications of relevant motor learning theories and research related to exercise science, physical education, and sport pro-grams. Prerequisites, grade of “C” or better in ES 3543 and ES 3553, or instructor permission. Fall.

ES 4843.Practicum/Pre-Internship Introduction to field experience in exercise science in order to become familiar with the operational and procedural aspects of clinically based exercise facilities. Prerequisite, grade of “C” or better in ES 3653, ES 3713, ES 4683, and ES 4693, or instructor permission. Corequisite, ES 4673. Spring.

Finance (FIN)

FIN 2013.Personal Asset Management Financial assets as vehicles for saving for the future, investments in combinations of assets to meet financial objectives, and how the financial objectives will change over the life span of the investor. Fall, Spring.

FIN 3713.Business Finance Legal forms of American business organization, policies, methods, and institutions involved in financing business. The principles of financial management will be studied with emphasis on the corporation, including cash flows, securities, financial structures, expansion, and acquisitions. Prerequisite, ACCT 2133 or 2023. Fall, Spring, Summer.

FIN 3723.Financial Analytics and Modeling Fundamental techniques and best practices for financial analysis and modeling. Prerequisite, FIN 3713. Fall, Spring.

FIN 3733. Personal Finance Concerned with management of the personal financial re-sources of the individual and the family. Provides guidance for consumer purchasing and credit, personal insurance, taxation, investing, estate planning, and social security. Designed for non-business majors, course counts only as a free elective, except where required in major. Irregular.

FIN 3763. Financial Institutions and Markets An in depth study of financial institutions such as banks, savings and loans, insurance companies and financial markets. Primary emphasis will be on depository institutions. Prerequisites, ECON 2313 and FIN 3713. Fall, Spring.

FIN 3773. Financial Risk Management An in depth study of financial risks facing banks, such risks as those arising from fixed income and foreign exchange investments will be covered. Pre-requisites, MATH 2143 or MATH 2194 or MATH 2204; ECON 2113 or STAT 3233; and FIN 3713. Fall.

FIN 3813.International Financial Management and Banking Study of financial concepts and issues in banking as they relate to business decisions in a global economy. Prerequisite, FIN 3713. Irregular.

FIN 4013. Financial Wealth Management The application of financial planning topics to realistic scenarios and case studies involving personal and small business financial planning. Prerequisite, FIN 4723. Spring.

FIN 4293. New Venture Financing Introduction to the dynamic challenges facing new business ventures in securing financial backing to support growth and development. Venture capital, internally generated funding and external sources of funding will be discussed along with debt and equity financing. Irregular.

FIN 4613. Commercial Credit Analysis An in-depth study of the lending process for a Commercial Bank. Topics covered include loan structuring, analysis of commercial and consumer loan applications, analysis of financial statements and tax returns needed to make a lending decision, and detecting problem loans. Prerequisite, FIN 3713. Spring.

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**Bachelor of Science**

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| **Major Requirements:**  Grade of “C” or better required for all Major Requirements | Sem. Hrs. |
| BIO 2223 AND 2221, Human Anatomy/Physiology II and Laboratory | 4 |
| CS 1013, Introduction to Computers | 3 |
| ES 3543, Anatomic Fundamentals of Motion | 3 |
| ES 3553, Basic Physiology of Activity | 3 |
| ES 3623, Techniques of Physiological Fitness Assessment | 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 4663 Workplace Wellness | 3 |
| ES 4673, Exercise Prescription for Special Populations | 3 |
| ES 4683, Exercise Prescription and Fitness Programming | 3 |
| ES 4693, Techniques of Strength Training and Conditioning | 3 |
| ES 4763, Kinesiology | 3 |
| ES 4773 Biomechanics of Human Motion | 3 |
| ES 4813, Applied Motor Learning | 3 |
| ES 4843, Practicum/Pre-Internship | 3 |
| HLTH 2523, First Aid and Safety | 3 |
| HLTH 4543, Drug Use and Abuse | 3 |
| HPES 4896, Internship in HPESS OR  HPES 4863, Internship in HPESS I AND HPES 4893, Internship in HPESS II | 6 |
| PE 1002, Concepts of Fitness | 2 |
| PE 1111, Physical Conditioning | 1 |
| PE 4853, Applied Psychology of Sports & Exercise | 3 |
| Sub-total | 70 |
| **Electives:** | Sem. Hrs. |
| Electives | 12 |
| **Total Required Hours:** | **120** |

Pages 515-516

ENGR 4703. Environmental Safety and Health Engineering Survey and analysis of con-temporary environmental, safety, and health-related topics pertinent to engineering and technology applications and practice, including technical, regulatory, economic, and other non-technical aspects. Prerequisite, Senior undergraduate status in the College of Agriculture, Engineering and Technology or College of Science and Mathematics, or admission into the ASU Environmen-tal Science graduate program or Engineering Management graduate program. Dual listed as ENGR 5703. Irregular.

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ES 3553. Basic Physiology of Activity A basic study of the organs and systems of the human body, with particular emphasis on the effects of physical activity of the functioning of the systems. Fall, Spring, Summer.

ES 3623. Techniques of Physiological Fitness Assessment Theoretical framework and practical experiences in health and fitness assessment techniques in healthy individuals. Assessment of physiological parameters will include health screenings, body composition, cardiorespiratory fitness, musculoskeletal fitness, and functional ability. Prerequisites, grade of “C” or better in ES 3543 and ES 3553. Fall, Spring.

ES 3633. Nutrition for Health, Sport and Exercise Provides the student with information about nutrition as it pertains to health, sport, and exercise. Spring, Summer.

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ES 4663. Workplace Wellness Key concepts, resources and tools for creation of wellness teams and evidence-based creation of health-enhancing workplace environments. Fall, Spring.

ES 4673. Exercise Prescription for Special Populations Provide the students with principles and practice in developing exercise regimens and programs specifically designed for special populations. Prerequisites, grade of “C” or better in ES 4683, or instructor permission. Spring.

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ES 4773. Biomechanics of Human Motion An introduction to the mechanics of human motion. Includes linear and angular kinematics and kinetics in the context of human motion; mechanics of fluids; mechanics of muscles; and analysis of selected activities. Fall, Spring, Summer.

ES 4813. Applied Motor Learning The study and practical applications of relevant motor learning theories and research related to exercise science, physical education, and sport pro-grams. Prerequisites, grade of “C” or better in ES 3543 and ES 3553, or instructor permission. Fall.

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Finance (FIN)

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FIN 4013. Financial Wealth Management The application of financial planning topics to realistic scenarios and case studies involving personal and small business financial planning. Prerequisite, FIN 4723. Spring.

FIN 4293. New Venture Financing Introduction to the dynamic challenges facing new business ventures in securing financial backing to support growth and development. Venture capital, internally generated funding and external sources of funding will be discussed along with debt and equity financing. Irregular.

FIN 4613. Commercial Credit Analysis An in-depth study of the lending process for a Commercial Bank. Topics covered include loan structuring, analysis of commercial and consumer loan applications, analysis of financial statements and tax returns needed to make a lending decision, and detecting problem loans. Prerequisite, FIN 3713. Spring.

**Appendix A, 8-Semester Plan**

(**Referenced in #2** - **Undergraduate Proposals Only)**

*Instructions: Please identify new courses in italics*.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Arkansas State University-Jonesboro**  **Degree: Bachelor of Science**  **Major: Exercise Science**  **Year: 2022-2023** | | | | | | | | |
| 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. Developmental courses do not count toward total degree hours. **Students having completed college level courses prior to enrollment will be assisted by their advisor in making appropriate substitutions. In most cases, general education courses may be interchanged between semesters.** A minimum of 45 hours of upper division credit (3000-4000 level) is required for this degree. | | | | | | | | |
| **Year 1** | | | |  | **Year 1** | | | |
| **Fall Semester** | | | |  | **Spring Semester** | | | |
| **Course No.** | **Course Name** | **Hrs** | **Gen Ed** |  | **Course No.** | **Course Name** | **Hrs** | **Gen Ed** |
| ENG 1003 | Eng. Composition I | 3 | X |  | ENG 1013 | Eng. Composition II | 3 | X |
| COMS 1203 | Oral Communication | 3 | X |  | BIO 2221 | Human Anatomy & Physiology Lab II | 1 |  |
| MATH 1023 | College Algebra | 3 | X |  | BIO 2223 | Human Anatomy & Physiology II | 3 |  |
| HPES 1013 | Intro to HPESS | 3 | FYE |  | PE 1002 | Concepts of Fitness | 2 |  |
| BIO 2201 | Human Anatomy & Physiology I Lab | 1 | X |  | ENG 2003, ENG 2013, or PHIL 1103 | World Lit to 1600, World Lit since 1600, or Intro to Philosophy | 3 | X |
| BIO 2203 | Human Anatomy & Physiology I | 3 | X |  |  | Elective | 3 |  |
| **Total Hours** |  | 16 |  |  | **Total Hours** |  | 15 |  |
| **Year 2** | | | |  | **Year 2** | | | |
| **Fall Semester** | | | |  | **Spring Semester** | | | |
| **Course No.** | **Course Name** | **Hrs** | **Gen Ed** |  | **Course No.** | **Course Name** | **Hrs** | **Gen Ed** |
| *PSY 2013* | *Intro to Psychology* | *3* | *X* |  | ANTH 2233, ECON 2313, ECON 2333, GEOG 2613, HIST 1013, HIST 1023, CMAC 1003, POSC 1003, 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 Sociology | 3 | X |
| HIST 2763, HIST 2773, or POSC 2103 | US History to 1876, US History since 1876, or Intro to US Government | 3 | X |  | ART 2503, MUS 2503, or THEA 2503 | Fine Arts Visual, Fine Arts Musical, or Fine Arts Theater | 3 | X |
| *CHEM 1041* | *Fundamental Concepts of Chemistry Lab* | *1* | *X* |  | *CS 1013* | *Introduction to Computers* | *3* |  |
| *CHEM 1043* | *Fundamental Concepts of Chemistry* | *3* | *X* |  | *PE 1111* | *Physical Conditioning* | *1* |  |
|  | Elective | 3 |  |  |  | Elective | 3 |  |
|  |  |  |  |  |  |  |  |  |
| **Total Hours** |  | 13 |  |  | **Total Hours** |  | 13 |  |
| **Year 3** | | | |  | **Year 3** | | | |
| **Fall Semester** | | | |  | **Spring Semester** | | | |
| **Course No.** | **Course Name** | **Hrs** | **Gen Ed** |  | **Course No.** | **Course Name** | **Hrs** | **Gen Ed** |
| *ES 3543* | *Anatomic Fundamentals 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 & Statistical Methods in Exercise Science | 3 |  |  | ES 4693 | Techniques of Strength Training & Conditioning | 3 |  |
| HLTH 2523 | First Aid & Safety | 3 |  |  | *PE 4853* | *Applied Psychology of Sports & Exercise* | *3* |  |
| **Total Hours** |  | 15 |  |  | **Total Hours** |  | 15 |  |
| **Year 4** | | | |  | **Year 4** | | | |
| **Fall Semester** | | | |  | **Spring Semester** | | | |
| **Course No.** | **Course Name** | **Hrs** | **Gen Ed** |  | **Course No.** | **Course Name** | **Hrs** | **Gen Ed** |
| ES 4683 | Exercise Prescription and Fitness Programming | 3 |  |  | ES 4673 | Fitness Programming for Special Populations | 3 |  |
| ES 4813 | Applied Motor Learning | 3 |  |  | ES 4843 | Preinternship | 3 |  |
| ES 4763 | Kinesiology | 3 |  |  | HLTH 4543 | Drug Use & Abuse | 3 |  |
| *ES 4663* | *Workplace Wellness* | *3* |  |  | *ES 4773* | *Biomechanics of Human Motion* | *3* |  |
|  | Elective | 3 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| **Total Hours** |  | 15 |  |  | **Total Hours** |  | 12 |  |
| **Summer 1 Semester** | | | |  | **Summer 2 Semester** | | | |
| **Course No.** | **Course Name** | **Hrs** | **Gen Ed** |  | **Course No.** | **Course Name** | **Hrs** | **Gen Ed** |
| HPES 4863 | Internship in HPESS I | 3 |  |  | HPES 4893 | Internship in HPESS II | 3 |  |
| **Total Hours** |  | 3 |  |  | **Total Hours** |  | 3 |  |
| **Total Jr/Sr Hours 57 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 hours 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 1043, CHEM 1041, MATH 1023, HPES 1013, BIO 2201, BIO 2203, BIO 2221, BIO 2223, and all Major Requirements (ES, HLTH, PE courses)** | | | | | | | | |