

**Appalachian State University**  
**BS in Exercise Science**  
**Catawba Valley Community College**  
**A.A.S. in Health & Fitness Science**  
**ADDENDUM 2021-22**

Credits Complete	CC Course #	ASU Course #	ASU Course Title	Credits
	General Education Requirements			
		*UCO MET	FIRST YEAR SEMINAR WAIVED FOR TRANSFER STUDENTS WITH 30 OR MORE HOURS OF CREDIT PRIOR TO ENROLLING AT APPALACHIAN	0
	ENG 111	RC 1000	Expository Writing	3
	* ENG 112 or ENG 113 or * ENG 114	RC 2001 (112/114) or ENG elective (113)	Introduction to Writing Across the Curriculum (112/114) or Free Elective (113) * ENG 112 or 114 <b>recommended</b> – completes 2 <sup>nd</sup> -year writing	3
	COM 110 or 231	COM elective or 2105	Free Elective or Public Speaking in Disciplines (Liberal Studies Experience)	3
	PSY 150	PSY 1200	Psychological Foundations (Liberal Studies Experience)	3
	PED 110	PH 1105	Health and Fitness (Wellness Literacy)	2
	UGETC HUM		Liberal Studies Experience	3
	MAT 110 or 143 or 152 or MAT 171	GEP MAT (110/143) or STT 2820 or MAT 1020	Quantitative Literacy (110/143; not complete) or Reasoning with Statistics (Quantitative Literacy) or College Algebra with Applications [* MAT 171 <b>recommended</b> – will also meet major requirement]	3-4
			TOTAL	20-21
	Major Requirements			
	BIO 155	NUT 2202	Nutrition and Health	3
	BIO 168	ES 2040	Human Anatomy	4
	BIO 169	ES 2050	Human Physiology	4
	HFS 111	ES 2005	Introduction to Physiological Assessment	4
	PED Elective		PE Activity class	1
			TOTAL	16
	Health and Exercise Science/Interdisciplinary Studies Electives			
	HEA 112	PH Elective		2
	HFS 116	AT 2005	Concepts in Athletic Training	3
	HFS 110	ES elective		4
	HFS 114	ES elective		4
	HFS 118	ES elective		4
	HFS 120	ES elective	{ES electives may be used in either major electives section}	3
	HFS 210	ES elective		3
	HFS 212	ES elective		3
	HFS 218	ES elective		4
	PSY 275	PSY 3653	Health Psychology	3
			TOTAL	33
			<b>TOTAL TRANSFERRED TOWARDS EXERCISE SCI DEGREE</b>	<b>69-70</b>

Credits Remaining	ASU Course #	ASU Course Title	Credits
	General Education Requirements		
	CHE 1101 & 1110	Introductory Chemistry I (Science Inquiry)	4
	CHE 1102 & 1120	Introductory Chemistry II (Science Inquiry)	4
	RC 2001	Introduction to Writing Across the Curriculum (Must take course if did not take ENG 112 or ENG 114 at CVCC)	0-3
		Integrative Learning Experience (w/designators)	9
		Liberal Studies Experience (w/designators)	3-6
		TOTAL	20-26
	Major Requirements		
	BIO 1801	Biological Concepts I	4
	PHY 1103	General Physics I	4
	MAT 1020	College Algebra with Applications (if MAT 171 not taken)	0-4
	ES 2002	Introduction to Exercise Science	3
	ES 3002	Exercise Physiology (WID)	3
	ES 3003	Exercise Physiology Laboratory	1
	ES 3550	Introduction to Biomechanics	4
	ES 4800 or 4660	Exercise Prescription or Exercise Prescription for Clinical Populations (CAP)	3
		TOTAL	22-26
	Free Electives		
		TOTAL	0-5
		<b>TOTAL (120 required for degree)</b>	<b>120-122</b>

Residency Requirements:

- 50 hours must be from a senior institution
- 30 hours must be from ASU
- 18 hours in the major must be from ASU
- 9 hours in the minor must be from ASU (if applicable)

Revised 7-17-21