



This four year guide is a recommended semester-by semester plan of study for this major. All four year guides are meant as examples of how a degree can be completed in four years. Individual plans will be developed for each student in consultation with the academic advisor. Prior credit, course availability, and student needs must be considered in developing the individual plan.

Shaded areas of guide require special attention.

Course Subject and Title	Credit Hours	Min. Grade	Major GPA	Important Notes
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Semester One: [16 Credit Hours]

MAT 1020 or higher	4		Yes	Completes Gen Ed Quantitative Literacy except for MAT 1025
RC 1000	3			First Year Writing
UCO 1200	3			First Year Seminar
Gen Ed Experience	3			Liberal Studies
Gen Ed Experience	3			Liberal Studies

Semester Two: [15 Credit Hours]

E S 2002	3			
E S 2005	3		Yes	
CHE 1101/1110	4		Yes	Begins Gen Ed Science Inquiry
BIO 1801	4		Yes	
P E Activity Course (1700-1889)	1		Yes	

Semester Three: [14 Credit Hours]

E S 2040	4		Yes	
CHE 1102/1120	4		Yes	Completes Gen Ed Science Inquiry
NUT 2202	3		Yes	Completes 2 credit Gen Ed Wellness Literacy
RC 2001	3			Sophomore Writing

Semester Four: [16 Credit Hours]

E S 2050	4		Yes	
Interdisciplinary Studies elective	3		Yes	
PSY 1200	3			Liberal Studies
Gen Ed Experience	3			Integrative Learning
Gen Ed Experience	3			Integrative Learning

Semester Five: [14 Credit Hours]

E S 3002	3		Yes	Writing in the Discipline
ES 3003	1		Yes	
PHY 1103	4		Yes	
Gen Ed Experience	3			Completes Gen Ed Integrative Learning
Gen Ed Experience	3			Completes Gen Ed Liberal Studies



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Semester Six: [16 Credit Hours]

E S 3550	4		Yes	
Exercise Science elective	3		Yes	
Exercise Science elective	3		Yes	
Exercise Science elective	3		Yes	
Interdisciplinary Studies elective	3		Yes	

Semester Seven: [15 Credit Hours]

E S 4800 (or 4660)	3		Yes	CAPSTONE
Exercise Science elective	3		Yes	
Interdisciplinary Studies elective	3		Yes	
Free Elective	3			
Free Elective	3			

Semester Eight: [14 Credit Hours]

Exercise Science elective	3			
Interdisciplinary Studies elective	3		Yes	
Interdisciplinary Studies elective	3		Yes	
Free Elective	3			
Free Elective	2			

General Requirements Summary

Minimum Total Hours	Gen Ed. Hours	Writing	Minimum	
			Major GPA	Overall GPA
120	44	RC 1000 and RC 2001	2.00	2.00

General Education Program Model - 44 Semester Hours Total

Program Categories	Hours	Important Notes – <i>Be sure to check for Gen Ed courses required in your major</i>
First Year Seminar	3	Can be taken first or second semester of freshman year
First Year Writing	3	Can be taken first or second semester of freshman year
Wellness Literacy	2	
Quantitative Literacy	4	
Sophomore Writing	3	



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Integrative Learning Experience	9			Must choose a minimum of two disciplines
Liberal Studies Experience	12			Must choose a minimum of three disciplines
Science Inquiry	8			CHE 1101/1110 & 1102/1120

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You must also meet the Fine Arts, Literary Studies, Historical Studies, and the Social Science Designations. Those may be met within the Integrative Learning Experience and the Liberal Studies Experience.

Additional Notes:

- 18 s.h. in major and 9 s.h. in minor must be at ASU.
- 50 s.h. must be earned from a Senior Institution and 25% of the degree hours must be in residency at ASU.
- As stated in the catalog, the final responsibility for meeting graduation requirements remains with the student.



Department of Health and Exercise Science

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