

Major in: Exercise Science

Applied EXS Track	
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Student Name:	Student Signature:	

**Advisor Signature:** 

## Student ID:

Major 72 hours, 36 UD	Hrs	Has	Lacks
Required Core Courses (32)			
PE 230 Foundations of Exercise Science	4		
PE 310 Motor Learning	4		
PE 371 Kinesiology	4		
PE 415 Lifespan Motor Development	4		
PE 444 Lifespan Adapted Physical Activity	4		
PE 470 Soc & Psy Aspects of Physical Activity	4		
PE 473 Physiology of Exercise	4		
PE 483 Biomechanics	4		
Applied Exercise Science (40)			
HE 325 Nutrition	4		
PE 419 Internship in Exercise Science	4		
PE 485 Exercise Testing & Prescription	4		
TE 400 Excretor resumg a Frescription			
Choose two:	8		
HE 426 Sports & Exercise Nutrition	-		
PE 484 Adv Topics in Biomechanics			
PE 486 Adv Topics in Motor Behavior			
PE 487 Adv To in Physiology of Exercise			
PE 488 Exercise Motivation and Adherence			
PE 488 Exercise Motivation and Adherence			
Electives: (advisor approved)	20		
Electives: (advisor approved)	20		
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Date:				
Program notes & Additional Degree Requirement	S			
It is recommended that students take BI 102, and BI 234,235, to fulfill the Natural Science requirement in the LACC. BI 234, 235 and 236 are prerequisites to several major required and elective courses. See course descriptions for specific prerequisite requirements.				
Exercise Science majors must have a grade or courses used to satisfy requirements of the m		oetter i	n	
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Minimum degree requirements of at least:				
180 or more total credit hours				
62 Upper Division credit hours	ļ			
45 of last 60 credits earned at WOU campus				
BA Degree Requirements				
CS 101 or higher				
Math 105 or higher	<u> </u>			
Writing Intensive:				
Foreign Language:				
DO Designation and the				
BS Degree Requirements				
CS121 or higher				
Math 111 or higher				
CS/Math/Stats:		-		
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Diversity:				
Writing Intensive:		1		