

Major in: Exercise Science

Student Name:	Student Signature:	
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Student ID:	Date:	

Student ID:			
Maior 70 74 hours 20 HD	Llas	11	11
Major 72-74 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		
Choose Two:	8		
HE 426 Sports & Exercise Nutrition			
PE 484 Adv Topics in Biomechanics			
PE 486 Adv Topics in Motor Behavior			
PE 487 Adv Topics in Physiology of Exercise			
PE 488 Exercise Motivation and Adherence			
Electives: (advisor approved)	20		
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Program notes & Additional Degree Requirements It is recommended that students take BI 102, and BI 23 the Natural Science requirement in the LACC. BI 234, 2 prerequisites to several major required and elective course descriptions for specific prerequisite requirements. Exercise Science majors must have a grade of C- o	235 and 236 are urses. See nts.
It is recommended that students take BI 102, and BI 23 the Natural Science requirement in the LACC. BI 234, 2 prerequisites to several major required and elective course descriptions for specific prerequisite requiremen	235 and 236 are urses. See nts.
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Exercise Science majors must have a grade of C- o	r better in
Exercise Science majors must have a grade of C- o	r better in
courses used to satisfy requirements of the major.	
	+
	+
	+ + -
	+ + -
	+ + -
Minimum degree requirements of at least: 180 or more total credit hours	
62 Upper Division credit hours	
45 of last 60 credits earned at WOU campus	
BA Degree Requirements	
CS 101 or higher	1 1
Math 105 or higher	1
Writing Intensive:	
Foreign Language (C- or better):	
BS Degree Requirements	+ + -
CS 121 or higher	+ + -
Math 111 or higher	
CS/Math/Stats:	1 1
	1 1
Diversity:	
Writing Intensive:	