

**Template for CAA students earning an AS degree
who are interested in Exercise Science
at Winston-Salem State University**

Part I: Complete the AS degree within the NCCCS as outlined.

Any program/major courses that satisfy the Universal General Education Transfer Component will be noted in the column "Required or Preferred by Major" up to the limits of each category.

Universal General Education Transfer Component (UGETC)

The following <u>two</u> English composition courses are required.							
English Composition (6 SCH)							
Prefix	Course Name	Credit Hours	Pre-requisites	University Course Equivalent	Credit Hours	Required or Preferred by Major	Notes
ENG 111	Expository Writing	3	None	ENG 1301	3		
ENG 112	Argument-Based Research	3	ENG 111	ENG 1305 or 1305	3		Counts as GE hours
Total Credit Hours Required		6			6		
Students will select <u>two</u> courses from at least two different disciplines:							
Humanities/Fine Arts (6 SCH)							
Prefix	Course Name	Credit Hours	Pre-requisites	University Course Equivalent	Credit Hours	Required or Preferred by Major	Notes
ART 111	Art Appreciation	3	None	ART 1301	3		
ART 114	Art History Survey I	3	None	ART 2301	3		
ART 115	Art History Survey II	3	None	ART 2302	3		
COM 231	Public Speaking	3	None	SPH 2341	3		
ENG 231	American Literature I	3	None	ENG 2313	3		Should take a Literature

Total Credit Hours Required**8****6**

**Students will select 8 SCH
from the following
courses:**

Natural Sciences (8 SCH)

Prefix	Course Name	Credit Hours	Pre-requisites	University Course Equivalent	Credit Hours	Required or Preferred by Major	Notes
AST 151/151	General Astronomy I and lab I		None	PHS 4111	4		
BIO 110	Principles of Biology	4	None	BIO 1301/1101	4		
BIO 111	General Biology I	4	None	BIO 2301/2101	4	x	must take both BIO 111 and BIO 112
BIO 112	General Biology II	4	BIO 111	BIO 2302/2102	4		must take both BIO 111 and BIO 112
CHM 151	General Chemistry I	4	None	CHE 2311+2111	4		must take both CHM 151 and CHM 152
CHM 152	General Chemistry II	4	CHM 151	CHE 2312+2112	4		must take both CHM 151 and CHM 152
GEL 111	Introduction Geology	4	None	ELEC 1100	4		Counts as GE AOK
PHY 110/110	Conceptual Physics and Lab	4	None	ELEC 1100	4		Counts as GE AOK, must take lab with course
PHY 151	College Physics I	4	MAT 171	PHY 2321	4		must take PHY 151 and PHY 152
PHY 152	College Physics II	4	PHY 151	PHY 2322	4		must take PHY 151 and PHY 152
PHY 251	General Physics I	4	MAT 271	PHY 3331	4		must take PHY 251 and PHY 252
PHY 252	General Physics II	4	MAT 272 <i>and</i> PHY 251	PHY 3332	4		must take PHY 251 and PHY 252

Total Credit Hours Required**8****8****Total UGETC Hours****34****34**

EXS 3321/3121 Exercise Physiology and Lab	4
EXS 3411 Functional Anatomy	4
EXS 3325 Sports Nutrition	3
EXS 4314 Sport Psychology	3

Semester Credit Total	14
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Semester 6

EXS 3315 Biomechanics	3
EXS 4301/4101 Advanced Exercise Physiology and Lab	4
EXS 4319 Exercise Testing and Prescription	3
EXS 4334 Science of Resistance Training	3
EXS 4302 Clinical Exercise Physiology	3

Semester Credit Total	16
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Semester 7

EXS 4340 Etiology, Risk Factors and Prevention Strategies of Chronic Diseases	3
EXS 3322 Training for Performance	3
EXS 4322 Current Topics in EXS	3
HED 4314 Managing Health Promotion Programs	3
Elective	3

Semester Credit Total	15
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Semester 8

Either EXS 4317 Applied Research or EXS 4321 Sports Supplements	3
EXS 4612 Internship	9
Elective	3

Semester Credit Total	15
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Upper Level	60
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Transfer
Total

60
120