

|                          |                     |   |   |
|--------------------------|---------------------|---|---|
|                          | UCO MET             | FIRST YEAR SEMINAR WAIVED FOR TRANSFER STUDENTS WITH 30 OR MORE HOURS OF CREDIT PRIOR TO ENROLLING AT APPALACHIAN |   |
| ENG 111                  | RC 1000             | Expository Writing  | 3 |
| ENG 114 or COM 231       | RC 2001 or COM 2105 | Intro. Writing Across Curriculum [recommended] or Public Speaking in the Disciplines (LSE)                        | 3 |
| PSY 150                  | PSY 1200            | Psychological Foundations (Liberal Studies Experience)  | 3 |
| UGETC HUM MAT 143 or 171 | GEP MAT or MAT 1020 | Liberal Studies Experience<br>Quantitative Literacy   | 3 |
|                          |                     | Nutrition and Health (Wellness Literacy)  | 3 |
| BIO 165                  | ES 2031             | Human Anatomy & Physiology I  | 4 |

| General Education Requirements |                                 |   |              |
|--------------------------------|---------------------------------|---|--------------|
|                                | CHE 1101 & 1110                 | Introductory Chemistry I (Science Inquiry)  | 4            |
|                                | CHE 1102 & 1120                 | Introductory Chemistry II (Science Inquiry)   | 4            |
|                                | RC 2001                         | Writing Across the Curriculum (if ENG 114 not taken)  | 0-3*         |
|                                |                                 | Integrative Learning Experience (w/designations)  | 9            |
|                                |                                 | Liberal Studies Experience (w/designations)   | 3-6          |
|                                |                                 | <b>Note: 3 hours each of Fine Arts, Historical Studies, and Literary Studies must be taken in ILE or LSE)</b> |              |
|                                |                                 | <b>TOTAL</b>  | <b>23</b>    |
| Major Requirements             |                                 |   |              |
|                                | BIO 1801                        | Biological Concepts I   | 4            |
|                                | PHY 1103                        | General Physics I   | 4            |
|                                | PHY 1104                        | General Physics II  | 4            |
|                                | ES 2002                         | Introduction to Exercise Science  | 3            |
|                                | ES 2020 or STT 2810 or STT 2820 | Measurement and Evaluation or Introduction to Statistics or Reasoning with Statistics                         | 3            |
|                                | ES 3002                         | Exercise Physiology (WID)   | 3            |
|                                | ES 3005                         | Advanced Physiological Assessment (CAP)   | 3            |
|                                | ES 3550                         | Introduction to Biomechanics  | 4            |
|                                | MAT 1020                        | College Algebra with Applications (if MAT 171 not taken)  | 0-4          |
|                                | Free Elec                       |   | 0-1          |
|                                |                                 |   |              |
|                                |                                 |   |              |
|                                |                                 | <b>MAJOR TOTAL</b>  | <b>28-32</b> |
|                                |                                 | <b>TOTAL</b>  | <b>120</b>   |