Western Oregon UNIVERSITY

Academic Degree Program
2010-11

Major in: **Exercise Science**
Applied EXS Track

Advisor Signature:

Student Name:

Student Signature:

Student ID:

Date:

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 Sociological and Psychological Aspects	4		
of Physical Activity			
PE 473 Physiology of Exercise	4		
PE 483 Biomechanics	4		
Applied Exercise Science (40)			
HE 325 Nutrition	4		
PE 485 Exercise Testing & Prescription	4		
PE 499 Capstone	4		
Choose two courses:	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			
Advisor approved Electives	20		

Program notes & Additional Degree Requirements			
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.			
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			
Math 105 or higher			
Writing Intensive:			
Foreign Language:			
BS Degree Requirements			
CS121 or higher			
Math 111 or higher			
CS/Math/Stats			
Diversity			
Writing Intensive			