

Student Name _____

Advisor _____

**Bachelor of Science with a major in Exercise & Sports Science – Health & Wellness
2007-2008 Catalogue**

General Education Requirements

CORE 100.....	4
CORE 200.....	var
CORE 400	3
ENG 111...(C or better).....	3
ENG 200.....	3
HIS 101, 102 or 103.....	3
REL 101,102,103,104 or 105.....	3
Mathematics.....	3
Quantitative Course.....	3
Foreign Language ¹	0-12
Literature Elective.....	3
Cultural Perspectives Elective.....	3
Lab Science.....	4
Science in Society.....	3

Social & Behavioral Sciences.....	6
• PSY 210 if selected	
• PSY 100 (pre-req to PSY 210)	
Aesthetics & the Arts.....	3
Health.....	0-2
PE Activities ²	3-4
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Writing Course	2 courses.....	6
• ESS 200	•	

Ethics Course	1 course.....	3
• ESS 300		

Oral Com Course	1 course.....	3
• ESS 460		

Info Lit Course	1 course.....	3
• ESS 200		

Exper. Learning	1 exper./course	1
• ESS 451		

Conv/Cult Events	12 events.....	12
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Fundamental	Tech Comp.....	0
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Major Requirements

CORE

HED 100.....	2
BIO 322/342.....	4
ESS 200.....	3
ESS 220.....	2
ESS 255.....	3
ESS 300.....	3
ESS 310.....	3
ESS 320.....	3
ESS 475.....	3
ESS 482.....	3
ESS 485.....	3
ESS 487.....	1
BIO 322/342 ESS 460.....	2

Health & Wellness Courses

HED 282.....	2
FN 227.....	3
ESS 350.....	3
ESS 486.....	3
HED 100 ESS 499.....	3
ESS 451.....	3

6 PE/DAN Elective credits (beyond Gen Ed from at least 3 of the categories below)

- Aquatics
- Fitness
- Leisure & Recreation
- Team Sports
- Individual/Dual Sports
- Dance

Select one course from the following: 3-4

- SOC 332
- CHE 111/141
- PSY 210
- COM 260
- BUS 260
- ESS 746

¹Nine hours must be in the same language

²4 PE/DAN activities are required if no health courses are taken. If a health course is taken, 3 PE activities are required. Up to 8 PE activities can be counted toward graduation. All activity credit may not be in a team sport.

Overall, Major and Meredith GPAs of 2.0 are required to graduate

124 hours are required to graduate. 155 are required for those earning two bachelor degrees. In addition, 24 of the last 30 hours must be taken at Meredith. For transfer students, 31 hours must be completed at Meredith and 58 hours must be taken at a four-year institution. Once requirements are complete, additional hours may be filled with electives.