Name	ID#	Date

Planning Sheet: EXERCISE SCIENCE MAJOR
(Effective Fall 2012. This major consists of 13.5 -14 course credits)

Health Fitness Required Courses

Term	Grade	Course #	AugCore	Title
		HPE 104	HPE 001	Components of Fitness Training (Fall or Spring)
		HPE 110		Personal & Community Health (Prereq: ENL 111, or 112, or HON 111) (Fall)
		HPE 114		Health & Safety Education (.5) (Fall or Spring)
		HPE 115		Chemical Dependency Education (.5) (Fall or Spring)
		HPE 205		Introduction to Health, Physical Education, and Health Fitness (.5) (Spring)
		HPE 215		Exercise and Health Psychology (Spring)
		HPE 275		Prevention & Care of Athletic Injuries (.5) (Prereq: HPE 114) (Spring)
		HPE 300		Nutrition for Exercise Science (Prior to Spring 2012, take HLTH 345 Nutrition at St. Thomas)
		HPE 305		Stress Management (.5) (Fall)
		HPE 350		Kinesiology (Prereq: BIO 103, MPG 3 & Coreq: HPE 357) (Fall)
		HPE 351		Physiology of Exercise (Prereq: ENL 111 or 112 or HON 111 & BIO 103) (Spring)
		HPE 357		Measurement in Health, Physical Education & Fitness (.5) (Prereq: MPG 3, HPE 104, and either HPE 110 or 205) (Fall)
		HPE 450		Current Health Issues (.5) (Prereq: HPE 110 & Waived from or passed GST 100) (Fall odd years)
		HPE 490	KC	Health Fitness Seminar (Prereq: HPE 350 and HPE 351) (Fall)

Select and complete one (1) of the following two (2) courses:

Term	Grade	Course #	AugCore	Title
		HPE 397	AE	Internship in Health Fitness (.5)
		HPE 399	AE	Internship in Health Fitness (1.0)

Select and complete one (1) of the following two (2) courses:

Term	Grade	Course #		Title
		HPE 315	❑	Exercise Testing & Prescription (.5) (Prereq: MPG 3 & Coreq: HPE 357) (Fall)
		HPE 330	❑	Community Health Methods (.5) (Prereq: MPG 3)

Select and complete one (1) of the following two (2) courses:

Term	Grade	Course #		Title
		HPE 430	❑	Epidemiology (Prior to 2012, take HLTH 400 Epidemiology at St. Thomas) (Fall)
		HPE 304	❑	Advanced Fitness Training

Non-departmental Required Courses

Term	Grade	Course #	AugCore	Title
		BIO 103	NSM-L	Human Anatomy & Physiology (Spring)

Notes:

- **Keystone:** HPE 490 will satisfy the senior Keystone requirement.

- **Abbreviation Key:** ML = Modern Language; SC = Signature Curriculum; EM = Engaging Minneapolis; AE = Augsburg Experience; KC = Senior Keystone Course; NSM = Natural Science & Mathematics - no lab; NSM-L = Natural Science & Mathematics-with lab; SBS = Social & Behavioral Science; FA = Fine Arts; HUM = Humanities; QA = Quantitative Applications; QF = Quantitative Foundations; QFA = Quantitative Foundations & Applications.

See back for information on graduation skills requirements

Planning Sheet: GRADUATION SKILLS REQUIREMENTS

These requirements were implemented for Fall 2008. Please talk with your faculty advisor for information.

Graduation skills, including the Quantitative Reasoning requirements, are completed as follows. Graduation skills in Critical Thinking, Writing, Speaking, and Quantitative Reasoning are required for graduation. Critical Thinking is embedded in all majors. Plans for completion of other graduation skills are determined by the major department. Consult your department chair or faculty advisor to select appropriate courses to meet the Quantitative Reasoning (QR) graduation skill. QR is satisfied by completing one (1) Quantitative Foundational course (QF) and one (1) Quantitative Application course (QA), or one (1) combined QFA course. The most current information on Graduation Skills can be found in the Augsburg College catalog at www.augsburg.edu/catalog/.

Transfer students must consult an advisor about potential adjustments to their course requirements to fulfill each graduation skill.

Designated Major Course	GRADUATION SKILLS – Health Fitness		Completed
Embedded in major	**Writing Requirements** TWO (2) Writing courses		
Embedded in major			
Embedded in major	**Speaking** One (1) Speaking course		
Designated Major Course	QUANTITATIVE REASONING		Completed
Embedded in major	**Quantitative Foundations & Applications** One (1) QFA course (Prereq: MPG3)	QFA course	
	– OR –		
Embedded in major	**Quantitative Foundations and Quantitative Applications** One (1) QF course (Prereq: MPG 3) **and** one (1) QA course	QF course	
Embedded in major		QA course	

Graduation Tally Checklist

These requirements were implemented in April 2003 and remain in effect until further notice.

Requirement	Progress Towards Completion	
Cumulative Course Credits ▪ Minimum number of course credits needed for graduation = **32** ▪ At least 8 credits completed at Augsburg. ▪ 6 of last 8 credits completed in residence. ▪ Second degree – minimum of 8 credits completed in residence.	Transfer Credits Earned	
	+ Aug. Credits Earned	
	= Total Credits Earned	
	# Credits Needed	

Grade Point Average (GPA)
 ▪ Minimum 2.0 GPA required in major, minor, & overall.
 ▪ Some majors require higher GPA.
 ▪ Latin Honors GPA requirements:
    o Summa cum laude: 3.9-4.0
    o Magna cum laude: 3.80-3.89
    o Cum laude: 3.60-3.79
	Cumulative GPA	

	Major 1 GPA	
	Major 2 GPA	
	Minor GPA	

Other Limits	Minimum/Maximum	Your Total
Overall maximum courses graded Pass/No Pass (P/N) ▪ Grade of 2.0 or above required to Pass and earn credit for course. ▪ Maximum of 2 of 6 credits P/N may be in major.	Maximum of 6	
Major Courses graded Pass/No Pass (P/N)	Maximum of 2	
Latin Honors courses graded Pass/No Pass (P/N)	Maximum of 2	
Latin Honors traditionally graded courses	Minimum of 14	
Internships	Maximum of 4	
Independent/Directed Studies	Maximum of 2	