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Planning Sheet: Bachelor of Science in EXERCISE SCIENCE Pre-Health Science Track

(Effective Fall 2013)

Exercise Science Required Courses

<u>Term/Year</u>	<u>Grade</u>	<u>Course #</u>	<u>AugCore</u>	<u>Title</u>
<u>Fall / 1st</u>	_____	HPE 104	HPE 001	Components of Fitness Training (Fall or Spring)
<u>Spr./ 3rd</u>	_____	HPE 110		Personal & Community Health (Prereq: ENL 111, or 112, or HON 111) (Fall)
<u>Fall / 2nd*</u>	_____	HPE 114		Health & Safety Education (2 sem. credits) (Fall or Spring)
<u>Fall / 3rd</u>	_____	HPE 115		Chemical Dependency Education (2 sem. credits) (Fall or Spring)
<u>Fall / 1st</u>	_____	HPE 205		Intro. to Health, Physical Education, and Health Fitness (2 sem. credits) (Fall or Spring)
<u>Spr./ 4th</u>	_____	HPE 215		Exercise and Health Psychology (Spring)
<u>Spr./ 3rd</u>	_____	HPE 275		Prevention & Care of Athletic Injuries (Prereq: HPE 114) (2 sem. credits) (Spring)
<u>Fall / 3rd</u>	_____	HLTH 345		Nutrition for Health (@ St. Thomas)
<u>Spr./ 3rd</u>	_____	HPE 304		Advanced Fitness Training (Prereq: HPE 104, 114, and 205)
<u>Fall / 4th</u>	_____	HPE 305		Stress Management (2 sem. credits) (Fall)
<u>Fall / 3rd</u>	_____	HPE 315		Exercise Testing & Prescription (Prereq: MPG 3 & Coreq: HPE 357) (2 sem. credits)(Fall)
<u>Fall / 3rd</u>	_____	HPE 350		Kinesiology (Prereq: BIO 103, MPG 3 & Coreq: HPE 357) (Fall)
<u>Spr./ 3rd</u>	_____	HPE 351		Physiology of Exercise (Prereq: ENL 111 or 112 or HON 111 & BIO 103) (Spring)
<u>Fall / 3rd</u>	_____	HPE 357		Measurement in Health, Physical Education & Fitness (Prereq: MPG 3, HPE 104, and either HPE 110 or 205) (2 sem. credits) (Fall)
<u>Sum./ 3rd</u>	_____	HPE 397	AE	Internship in Exercise Science (2 sem. credits)
<u>Fall / 4th</u>	_____	HPE 450		Current Health Issues (Prereq: HPE 110 & Waived from or passed GST 100) (2 sem. credits) (Fall odd years)
<u>Fall / 4th</u>	_____	HPE 490	KC	Health Fitness Seminar (Prereq: HPE 350 and HPE 351) (Fall)

Notes:

- **Keystone:** HPE 490 will satisfy the senior Keystone requirement.
- **Some courses are offered through our ACTC partners.** For more information regarding registration for these courses, please follow the link below
 - <http://www.augsburg.edu/registrar/actcregistration/>

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 additional supporting courses

Other Supporting Courses

<u>Term/Year</u>	<u>Grade</u>	<u>Course #</u>	<u>AugCore</u>	<u>Title</u>
<u>Fall / 1st</u>	___	BIO 151	NSM-L	Introductory Biology (Prereq: MPG 3)
<u>Spr./ 1st</u>	___	BIO 152	NSM-L	Evolution, Ecology, and Diversity (Prereq: BIO 151)
<u>Fall / 2nd</u>	___	BIO 253		Introductory Cellular Biology (Prereq: CHM 116 and sophomore status)
<u>Spr./ 3rd</u>	___	BIO 353		Comparative Vertebrate Anatomy (Prereq: BIO 151 and BIO 152)
<u>Fall / 3rd</u>	___	BIO 473		Animal Physiology (Prereq: BIO 253 & MAT 114 or 145 or 163 or 248 or PSY 215)
<u>Fall / 1st</u>	___	CHM 115	NSM-L	General Chemistry I (Prereq: MPG 3; high school chemistry recommended)
<u>Spr./ 1st</u>	___	CHM 116	NSM-L	General Chemistry II (Prereq: CHM 115)
<u>Fall / 4th</u>	___	EXSS 3650		Methods for Fitness Professionals (@ St. Cates)
<u>Spr./ 4th</u>	___	EXSS 4300		Advanced Biomechanics (@ St. Cates) (2 sem. credits) (Spring)
<u>Fall / 4th</u>	___	FSNU 3250		Sports Nutrition (@ St. Cates) (2 sem. credits)
<u>Spr./ 1st</u>	___	HPE 220		Motor Learning (2 sem. credits) (Spring)
<u>Fall / 2nd</u>	___	INDI 2220		Medical Terminology (@ St. Cates) (2 sem. credits) (Online)
<u>Spr./ 4th</u>	___	INDI 4900		Intro to Physical Therapy (@ St. Cates) (2 sem. credits) (Spring)
<u>Spr./ 2nd</u>	___	MAT 114	NSM	Precalculus (Prereq: MPG 3)
<u>Fall / 2nd</u>	___	PHYS 1080		Physics for Health Sciences (@ St. Cates)
<u>Spr./ 2nd</u>	___	PHYS 1090		Physics for Health Sciences II (@ St. Cates)
<u>Fall / 2nd</u>	___	PSY 105	SBS	Principles of Psychology
<u>Fall / 4th</u>	___	PSY 215		Research Methods & Statistics 1 (Prereq: MPG 3)
<u>Spr./ 2rd</u>	___	PSY 262		Abnormal Psychology (Prereq: PSY 105)

Notes:

- **Keystone:** HPE 490 will satisfy the senior Keystone requirement.
- **Some courses are offered through our ACTC partners.** For more information regarding registration for these courses, please follow the link below
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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 – Exercise Science		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) <u>and</u> 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 <ul style="list-style-type: none"> ▪ Minimum number of course credits needed for graduation = 128 ▪ At least 32 semester credits completed at Augsburg. ▪ 24 of last 32 semester credits completed in residence. ▪ Second degree – minimum of 32 sem. credits completed in residence. 	Transfer Credits Earned	
	+ Aug. Credits Earned	
	= Total Credits Earned	
	# Credits Needed	
Grade Point Average (GPA) <ul style="list-style-type: none"> ▪ Minimum 2.0 GPA required in major, minor, & overall. ▪ Some majors require higher GPA. ▪ Latin Honors GPA requirements: <ul style="list-style-type: none"> ○ Summa cum laude: 3.9-4.0 ○ Magna cum laude: 3.80-3.89 ○ 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) <ul style="list-style-type: none"> ▪ Grade of 2.0 or above required to Pass and earn credit for course. ▪ Maximum of 8 of 24 sem. credits P/N may be in major. 	Maximum of 24 sem. Credits	
Major Courses graded Pass/No Pass (P/N)	Maximum of 8 semester credits	
Latin Honors courses graded Pass/No Pass (P/N)	Maximum of 8 semester credits	
Latin Honors traditionally graded courses	Minimum of 54 semester credits	
Internships	Maximum of 16 semester credits	
Independent/Directed Studies	Maximum of 8 semester credits	

Academic Advising Core Curriculum Checklist

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

Student Name	Student ID	Term Entered	Last Updated

ENTRY LEVEL ASSESSMENTS			
Comments		Exam Score	Completed
	Writing: Assessment score of E or H – OR – ENL 101 with minimum grade of 2.0 or P		
	Critical Thinking: GST 100 with minimum grade of 2.0 or P, or waived based on previous academic work		
	Math: Assessment score of MPG 3 or higher – OR – MAT 105 with minimum grade of 2.0 or P – OR – Appropriate transfer course completed within the past 5 years		
<i>If applicable</i>	English Language Learner Placement Test: Assessment score of 85 or higher – OR – ENL 217/218		

Comments	CORE SKILLS		Completed
Fall 1 st year	Effective Writing: ENL 111, ENL 112, or HON 111 with minimum grade of 2.0 or P		
Fall 2 nd year	Modern Language (ML1) Minimum grade of 2.0 or P		
Spring 2 nd year	Modern Language (ML2) Minimum grade of 2.0 or P		
Fall 1 st year HPE 104	Lifetime Fitness: P grade required in each non-credit course	HPE 001	
Spring 1 st year HPE 00x		Lifetime Activity HPE/THR 00x	

Comments	SIGNATURE CURRICULUM	Completed
Spring 2 nd year	REL 100: Christian Vocation and the Search for Meaning I	
Summer 2 nd year	REL 200: Christian Vocation and the Search for Meaning II	
Fall 1 st year	Augsburg Seminar	
Fall 1 st year	Engaging Minneapolis	
Summer 3 rd year HPE 397	Augsburg Experience (i.e., service learning, internship, faculty-student research, study abroad, or off-campus immersion experience)	
Fall 4 th year HPE 490	Senior Keystone Course	

Comments	LIBERAL ARTS FOUNDATION	Completed
Fall 1 st year BIO 151	Natural Science & Mathematics: 2 approved courses from different departments, with at least 1 lab science.	Lab course
Fall 1 st year CHM 115		Other
Spring 1 st year SOC 121	Social and Behavioral Sciences: 2 approved courses from different departments.	
Fall 2 nd year PSY 105		
Spring 4 th year THR 116 (or other FA)	Fine Arts: 2 approved courses from different departments.	
Waiver pending		
Fall 4 th year COM 111 (or other HUM)	Humanities: 2 approved courses from different departments.	
Waiver pending		

Important Notes: These requirements are for students entering Augsburg September 2008 or later and remain in effect until further notice. A listing of major requirements is available in the college catalog. Academic departments determine how transferred courses apply to major requirements.

Long-Term Academic Plan – Day

<p>Fall 1st year (18 semester credits) BIO 151 & lab CHM 115 & lab HPE 104 & Aug Sem ENL 111 or REL 100 HPE 205 (2 sem. credit)</p>	<p>Spring 1st year (18 semester credits) BIO 152 & lab CHM 116 & lab REL 100 or ENL 111 SOC 121 (SBS) HPE 220 (2 sem. credit) Lifetime Activity HPE 00x (0 credits)</p>	<p>Summer</p>
<p>Fall 2nd year (18 semester credits) BIO 253 & lab PHYS 1080 (@St. Cates) SPA 111 (or other language I) PSY 105 INDI 2220 (2 sem. credit)(online @ St. Cates)</p>	<p>Spring 2nd year (18 semester credits) SPA 112 (or other language II) PHYS 1090 (@St. Cates) MAT 114 PSY 262 HPE 114 (2 sem. credit)</p>	<p>Summer (4 semester credits) REL 200</p>
<p>Fall 3rd year (18 semester credits) HPE 350 HPE 357 (2 sem. credit) HPE 315 (2 sem. credit) BIO 473 & lab HPE 115 (2 sem. credit) HLTH 345 (@St. Thomas)</p>	<p>Spring 3rd year (18 semester credits) HPE 351 HPE 304 BIO 353 & lab HPE 110 (every other year) HPE 275 (2 sem. credit)</p>	<p>Summer 3rd year (2 semester credits) HPE 397 Internship</p>
<p>Fall 4th year (18 semester credits) FSNU 3250 (2 sem. credit)(@St. Cates) HPE 305 (2 sem. credit) HPE 490 EXSS 3650 (@St. Cates) PSY 215 HPE 450 (2 sem. credit)</p>	<p>Spring 4th year (18 semester credits) THR 116 (or other FA) COM 111 (or other HUM) EXSS 4300 (2 sem. credit)(@St. Cates) INDI 4900 (@St. Cates) HPE 215</p>	<p>Summer</p>
<p>Fall</p>	<p>Spring</p>	<p>Summer</p>

Important things to remember as you plan:

- Apply for graduation one year before you plan to graduate.
- Students may graduate once they have completed 128 semester credits **and** have met all degree requirements.
- For information on graduation requirements, please refer to your academic catalog.

Notes: