

Name: _____

ID: _____

EXSS CORE:

Complete each of the following:

- {4} ___ HHP 260 Anatomical Kinesiology
- {4} ___ HHP 261 Exercise Physiology
- {3} ___ HHP 262 Training Theory & Application
- {3} ___ HHP 270 Sport & Exercise Psychology
- {3} ___ EXSS 312 Sociocultural Dimensions of Physical Activity
PreReq: PSY 201 or social processes course
- {4} ___ EXSS 323 Biomechanics of Sport & Exercise
PreReq: PH 201; BI 231
- {4} ___ EXSS 371 Measurement and Data in Ex Sci
PreReq: Jr. Standing; MATH 111 or 112
- {4} ___ EXSS 411 Movement Skill Learning & Control
PreReq: HHP 260
- {4} ___ EXSS 444 Adapted Physical Activity
PreReq: Sr. standing; HHP 261; EXSS 411

Required Supporting Courses (40 credits):

- {5} ___ CH 221 Gen Chemistry
- {5} ___ CH 222 Gen Chemistry
- {5} ___ CH 223 Gen Chemistry
- {4} ___ MTH 112 Elementary Functions
- {5} ___ PH 201 General Physics
- {4} ___ PSY 201 Gen Psychology
- {4} ___ BI 231 A & P I
- {4} ___ BI 232 A & P II
- {4} ___ BI 233 A & P III

EXSS majors must maintain a minimum 2.25 option GPA and a 2.5 min GPA in all EXSS dept. courses

{ } = credits

Applied EXSS Option Requirements:

The courses taken in Applied Option A, B, and Supporting Courses should be integrated into a coherent program based on the goals of the students and planned and agreed upon by the student and the student's academic advisor. The program of study must be approved by the department chair.

Section A (12-18 credits)

- {2} ___ HHP 280 Practicum in Ex Sci
- {1} ___ EXSS 307 Seminar/Pre-Internship
- {9-15} ___ EXSS 410 Internship

Section B (15 credits)

- {3} ___ HHP 131 Intro to Exercise/Sport Science
- {3} ___ EXSS 381 Analysis of Critical Issues in EXSS (WIC)
- {3} ___ EXSS electives
- {6} ___ EXSS 300-400 level electives

Supporting Courses (27 credits min)

BACCALAUREATE CORE:

Students with an AAOT have completed the Skills and Perspectives sections of the Bacc Core.

(SEE distribution list of acceptable courses COCC & OSU) http://www.osucascades.edu/sites/default/files/BACC_CORE_Distribution_List_0.pdf

Skills:

- WR I _____
- WR II _____
- SPEECH _____
- MATH **MTH 112 –in major** _____
- FITNESS _____

Perspectives: *no more than 2 depts. allowed in perspectives*

- PHYS SCI **CH or PH – In major** _____
- BIO SCI _____
- PHYS or BIO SCI **CH or PH-In major** _____
- WESTERN CULTURE **EXSS 312-In major** _____
- CULTURAL DIVERSITY _____
- LIT & ARTS _____
- SOCIAL PROCESS & INST **PSY 201 –in major** _____
- Diff Power & Discrimination _____

Synthesis: *must be from 2 different depts.*

- Contemporary Global Issues _____
- Science, Tech & Society _____

- **180**—total number of credits required to graduate from OSU
- **60**—number of upper division credits required
- **124**—maximum number of credits which can be transferred from a community college
- **45 of last 75** credits must be OSU credits
- Courses in major cannot be taken S/U

Important Notes:

- Not all the courses listed are offered each term. Work with your Academic Advisor to create your academic plan.
- Check the Bacc Core Course Guide for specific courses student may use to fulfill those requirements.
http://www.osucascades.edu/sites/default/files/BACC_CORE_Course_Guide_0910_4.pdf
- It is the student's responsibility to make certain that all prerequisites are met or instructor permission is granted for courses that require one or both of these conditions.
- **It is the student's responsibility to double check that all requirements are met. The advisor can suggest courses and assist the student in constructing a plan of study, but the student, in the end, is responsible for assuring all requirements for graduation are met.**

All info is subject to change and related to catalog year. A catalog year is based on the academic year that a student is admitted to OSU and declares a major.

Career Goals:

Date Approved: