

Springfield College
Undergraduate Program Advising Checksheet

Catalog Year: For students admitted to SC 2007-2008

Major: Applied Exercise Science

Name: _____

(120 Total Credits)

ID #: _____

Part I of this checksheet outlines General Education course requirements customized for your major.
Part II lists specific course requirements for your major.
Part III is space to record elective courses you choose. If applicable, this section includes courses taken for a minor or teacher preparation program.

GUIDELINES FOR USING THIS CHECKSHEET

1. Keep this checksheet as a record of your progress toward graduation; update it at the conclusion of each semester. After completing a course, mark the grade you received, the semester (for example, F07 or SP08), and the credits earned.
2. Bring the updated checksheet with you to each advising session. It is your responsibility to keep track of your progress and to be familiar with the requirements of your program.
3. Your advisor may wish to keep a second copy of your updated checksheet for his or her records.
4. If you change your major, you will need a new checksheet for that major. If you intend to complete a minor, those requirements can be listed in the elective section of this checksheet. If you are in a teacher preparation program, you may need a special checksheet which includes your education requirements.
5. You can also use this checksheet to record approved transfer, AP, or CLEP exam credit. Note that the residency policy requires you to complete a minimum of 60 credits of coursework (including 15 of your last 30 credits.) at SC.
6. If you have questions about your requirements or your progress toward graduation, contact your advisor or department chair. General questions about college policies, procedures, or graduation requirements may also be directed to the Office of the Registrar, 413/748-3530 or the Office of Academic Advising, 413/748-3379.

Information in this document is subject to change.

Students must insure that a minimum of 120 credits are completed in order to graduate.

My major advisor is:

(If applicable) My second or education advisor is:

Name: _____

Name: _____

Phone: _____

Phone: _____

Office location: _____

Office location: _____

E-mail: _____

E-mail: _____

ADVISING NOTES AND QUESTIONS

Date:

Note, question, or concern:

Springfield College Undergraduate Program Advising Checksheet

Part I - General Education Requirements

All students must complete a minimum of 40 credit hours of General Education coursework to graduate.

Major: Applied Exercise Science

Name: _____

Catalog Year: For students admitted to SC 2007-2008

ID# _____

Course	Title	Credits	Grade	Sem/Yr
I. Competencies <i>(overlap* does not apply)</i>				
1. College Writing (6 credits)				
ENGL 113	College Writing I	3		
ENGL 114	College Writing II	3		
2. Writing Across the Curriculum <i>(embedded**)</i> (two courses)				
AEXS 401	Mgmt Health/Fitness Prg.	NA		
		NA		
3. Computer Applications (3 credits)				
		3		
4. Information Literacy <i>(embedded**)</i>				
		NA		
II. Domains of Knowledge and Understanding <i>(overlap* can apply)</i>				
1. Arts and Humanities (9 credits - one course from each category)				
A. Literary Studies				
		3		
B. Visual/Performing Arts				
		3		
C. Spiritual & Ethical Dimensions				
		3		
2. Analytical and Natural Sciences (6-7 credits - one course from each category)				
A. Quantitative Reasoning (select from MATH 115, 125, 131, or 140)				
		3		
B. Natural Sciences				
BIOL 130	Anatomy & Phys. I Lecture	3		
BIOL 132	Anatomy & Phys. I Lab	1		

Course	Title	Credits	Grade	Sem/Yr
II. Domains of Knowledge and Understanding (continued)				
3. Social Sciences (6 credits - one course from each category)				
A. Historical/Cultural Studies				
		3		
B. Behavioral and Social Sciences				
		3		
4. International/Multicultural Studies (3-6 credits depending upon option selected)				
		3		
		3		
5. Social Justice (3 credits)				
		3		
6. Physical Education (6 credits - three credits from each category)				
A. Health & Wellness				
HLTH 100	Wellness, A Way of Life	3		
B. Physical Activity				
MOSK 101	Outdoor Pursuits	1		
PEPC 125	Hlth/Fit Resistance Trng.	1		
PEAC _____	Aerobics Selective	.5		
		.5		
APPROVED GENERAL EDUCATION MODIFICATIONS (if necessary):				
Requirement	Modification	Date		

Total General Education Credits:	
(excluding NA)	

Definition of Terms:

*** Overlap:** An overlap course satisfies both a *Domains of Knowledge and Understanding* category **and** a major requirement. A maximum of 3 courses can overlap. Credit for an overlap course is only counted as part of General Education.

**** Embedded:** Embedded competencies are met through courses taken as part of the major, or another General Education category. Credit for an embedded course is not counted as part of the General Education program.

Shaded Lines with NA credits:

A shaded line indicates a course that also fills another requirement. Credits only count once, in the primary area. "NA" (not applicable) is marked for credit in the secondary area.

Italics:

Italics indicate a General Education course that fulfills two General Education categories (a double-dip). Credit is only counted once, for one category.

**Springfield College
Undergraduate Program Advising Checksheet**

Part II - Major Requirements

Major: Applied Exercise Science

Name: _____

Catalog Year: For students admitted to SC 2007-2008

ID# _____

CORE REQUIREMENTS

Course	Title	Credits	Grade	Sem/Yr
AEXS 101	Intro to Applied Ex. Science	1		
AEXS 230	Instruction & Present. Techniques	2		
AEXS 260	Exercise Testing & Prescription	3		
AEXS 284	On-Campus Internship	1		
AEXS 310	Junior Seminar	1		
AEXS 335	Measurement and Evaluation	3		
AEXS 350	Internship I	2		
AEXS 365	Ex. Testing & Pres. Spec. Pop.	3		
AEXS 401	Mgt. of Health/Fitness Program	3		
AEXS 461 or AEXS 470 or AEXS 480	Electrocardiogram Interpretation or Strength and Conditioning or Concepts of Personal Training	3		
AEXS 486	Internship II (10-12 cr.)			
MSCI 313	Physiology of Exercise	3		
MSCI 315	Physiology of Exercise Lab	0		
MSCI 319	Kinesiology/Biomechanics	3		
MSCI 321	Kinesiology/Biomechanics Lab	0		

RELATED REQUIREMENTS

In addition, select:

Course	Title	Credits	Grade	Sem/Yr
BIOL 130	Anatomy and Physiology I	NA		
BIOL 132	Anatomy and Physiology Lab I	NA		
BIOL 131	Anatomy and Physiology II	3		
BIOL 133	Anatomy and Physiology Lab II	1		
CHEM 101	Chemistry Survey	3		
CHEM 102	Chemistry Survey Laboratory	1		
HLTH 261	Introduction to Nutrition	3		
HLTH 361 or MSCI 440	Applied Nutrition or Nutrition and Athl. Performance	3		
MOSK 101	Outdoor Pursuits	NA		
PEAC ____	Aerobics Selective	NA		
PEPC 125	Hlth/Fit Resistance Trng.	NA		
PEAC ____	Elective	NA		
PHYS 205	Physics for Movement Science	3		
PHYS 207	Physics for Mvmnt. Sci. Lab	1		

Total Major Credits: (excluding NA)	
--	--

**Springfield College
Undergraduate Program Advising Checksheet**

Part III - Elective Courses and Programs (inclusive of courses comprising a Minor or Specialization)

Major: Applied Exercise Science

Name: _____

Catalog Year: For students admitted to SC 2007-2008

ID# _____

Students must insure that a minimum of 120 credits are completed in order to graduate.

SPECIALIZATION

It is strongly recommended that students complete one of the following specializations:

SPORTS PERFORMANCE

Course	Title	Credits	Grade	Sem/Yr
AEXS 470	Strength and Conditioning	3		
AEXS 471	Strength & Conditioning Applicat.	1		
MOST 224	Motor Learning & Skill Acquisition	3		
MOST 328	Psychology of Sport	3		
MSCI 440	Nutrition and Athletic Performance	3		
PHED 212	Principles/Problems of Coaching	2		

PERSONAL TRAINING

Course	Title	Credits	Grade	Sem/Yr
AEXS 480*	Concepts of Personal Training	3/NA		
CISC 115*	Microcomputer Applications	3/NA		
HPER 478	Budgeting for Sport and Recreation	3		
HPER 479	Personnel/Human Resources Mgt.	3		
MGTE 150	Introduction to Business	3		
SMRT 304	Marketing Issues in Sport & Rec.	3		

**If selected, course may be counted only one time and will be counted as the CORE or Gen. Ed. requirement.*

SPA AND WELLNESS MANAGEMENT

Course	Title	Credits	Grade	Sem/Yr
MGTE 121	Principles of Marketing	3		
MGTE 150	Introduction to Business	3		
SMRT 116	Event Management and Promotion	3		
HLTH 361	Applied Nutrition	3		
AEXS 337	Alternative and Comp. Wellness	3		
HPER 479	Personnel And H.R. Management	3		
SMRT 106	Dynamics of Leadership	3		

FREE ELECTIVES

Course	Title	Credits	Grade	Sem/Yr

Minor (optional): _____

Course	Title	Credits	Grade	Sem/Yr

MODIFICATIONS TO MAJOR REQUIREMENTS

An approved Request for Waiver or Substitution Form must be on file in the Office of the Registrar for each waiver or substitution.

Requirement	Modification	Date Filed

Total Elective Credits: (excluding NA)	
---	--