

**Springfield College**  
**Undergraduate Program Advising Checksheet**

**Catalog Year: For students admitted to SC 2008-2009**

**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, F08 or SP09), 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 ensure 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 (40 - 46 credits)

*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 2008-2009

ID# \_\_\_\_\_

| Course  | Title                        | Credits | Grade | Sem/Yr |  |
|---|------------------------------|---------|-------|--------|--|
| <b>I. Competencies</b> <i>(overlap* does not apply)</i>                                       |                              |         |       |        |  |
| <b>1. College Writing</b><br>(6 credits)  |                              |         |       |        |  |
| ENGL 113  | College Writing I            | 3       |       |        |  |
| ENGL 114  | College Writing II           | 3       |       |        |  |
| <b>2. Writing Across the Curriculum</b><br><i>(embedded**)</i> (two courses)                  |                              |         |       |        |  |
| AEXS 401  | Mgmt Health/Fitness Prg.     | NA      |       |        |  |
| <b>3. Computer Applications</b><br>(3 credits)  |                              |         |       |        |  |
|   |                              | 3       |       |        |  |
| <b>4. Information Literacy</b><br><i>(embedded**)</i>   |                              |         |       |        |  |
|   |                              | NA      |       |        |  |
| <b>II. Domains of Knowledge and Understanding</b> <i>(overlap* can apply)</i>                 |                              |         |       |        |  |
| <b>1. Arts and Humanities</b><br>(9 credits - one course from each category)                  |                              |         |       |        |  |
| A. Literary Studies   |                              |         |       |        |  |
|   |                              | 3       |       |        |  |
| B. Visual/Performing Arts   |                              |         |       |        |  |
|   |                              | 3       |       |        |  |
| C. Spiritual & Ethical Dimensions   |                              |         |       |        |  |
|   |                              | 3       |       |        |  |
| <b>2. Analytical and Natural Sciences</b><br>(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  | Anat. & Phys. Concepts I     | 3       |       |        |  |
| BIOL 132  | Anat. & Phys. Concepts Lab I | 1       |       |        |  |
| <b>II. Domains of Knowledge and Understanding (continued)</b>                                 |                              |         |       |        |  |
| <b>3. Social Sciences</b><br>(6 credits - one course from each category)                      |                              |         |       |        |  |
| A. Historical/Cultural Studies  |                              |         |       |        |  |
|   |                              | 3       |       |        |  |
| B. Behavioral and Social Sciences   |                              |         |       |        |  |
|   |                              | 3       |       |        |  |
| <b>4. International/Multicultural Studies</b><br>(3-6 credits depending upon option selected) |                              |         |       |        |  |
|   |                              | 3       |       |        |  |
|   |                              | 3       |       |        |  |
| <b>5. Social Justice</b><br>(3 credits)   |                              |         |       |        |  |
|   |                              | 3       |       |        |  |
| <b>6. Physical Education</b><br>(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      |       |        |  |
| PEAC _____  | Skill elective               | .5      |       |        |  |
| <b>APPROVED GENERAL EDUCATION MODIFICATIONS (if necessary):</b>                               |                              |         |       |        |  |
| Requirement   | Modification                 | Date    |       |        |  |
|   |                              |         |       |        |  |
|   |                              |         |       |        |  |
|   |                              |         |       |        |  |

|   |  |
|---|--|
| <b>Total General Education Credits:</b> |  |
| (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**  
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**Part II - Major Requirements**

**Major: APPLIED EXERCISE SCIENCE**

**Name:** \_\_\_\_\_

**Catalog Year: For students admitted to SC 2008-2009**

**ID#** \_\_\_\_\_

**CORE REQUIREMENTS (38 cr.)**

| Course                                       | Title  | Credits | Grade | Sem/Yr |
|--|--|---------|-------|--------|
| AEXS 101                                     | Intro to Applied Ex. Science   | 1       |       |        |
| AEXS 230                                     | Instructional Strat. Pres. Tech.   | 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<br>or<br>AEXS 470<br>or<br>AEXS 480 | Electrocardiogram Interpretation<br>or<br>Strength and Conditioning<br>or<br>Concepts of Personal Training | 3       |       |        |
| AEXS 486                                     | Hlth/Fit Fieldwork/Internship II (10-15 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       |       |        |

**SPECIALIZATION**

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

**SPORTS PERFORMANCE (12 or 15 cr., depending on selectives taken)**

| 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/NA    |       |        |
| PHED 212  | Principles/Problems of Coaching    | 2       |       |        |

**PERSONAL TRAINING (9 - 15 cr., depending on GenEds and selectives taken)**

| 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       |       |        |

**RELATED REQUIREMENTS (18 cr., plus those taken as GenEds)**

*In addition, complete:*

| Course                     | Title  | Credits | Grade | Sem/Yr |
|----------------------------|--|---------|-------|--------|
| BIOL 130                   | Anatomy & Physiology Concepts I                            | NA      |       |        |
| BIOL 132                   | Anat. & Phys. Concepts Lab I                               | NA      |       |        |
| BIOL 131                   | Anatomy & Physiology Concepts II                           | 3       |       |        |
| BIOL 133                   | Anat. & Phys. Concepts Lab II                              | 1       |       |        |
| CHEM 101                   | Chemistry Survey   | 3       |       |        |
| CHEM 102                   | Chemistry Survey Laboratory                                | 1       |       |        |
| HLTH 261                   | Introduction to Nutrition                                  | 3       |       |        |
| HLTH 361<br>or<br>MSCI 440 | Applied Nutrition<br>or<br>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       |       |        |

**SPA AND WELLNESS MANAGEMENT (15 or 18 cr., depending on selectives taken)**

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

*\*Course can double-dip for major requirement or GenEd as appropriate, but credits are only counted once.*

|  |  |
|--|--|
| <b>Total Major Credits:<br/>(excluding NA)</b> |  |
|--|--|

