

SPRINGFIELD COLLEGE

UNDERGRADUATE PROGRAM CHECKSHEET & SEQUENCING GUIDELINES

Applied Exercise Science Major

2009-2010 Cohort

Name: _____	ID: _____	Date filled out: _____
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- First two pages of this document -- requirements for the undergraduate General Education Program.
- Subsequent pages -- requirements and course-sequencing guidelines for the Applied Exercise Science major, for students who matriculate to SC during the 2009-2010 academic year.
- Use this as a guide in selecting courses and fill in completely to track your progress toward graduation.
- Note that requirements are subject to change, and may not be offered when listed. Always confirm your plans with your advisor or chairperson.

General Education Program Requirements (customized for the AEXS major):

Course code Title Cr Sem/Yr * Grade Note

I. Competencies

1. College Writing (6 credits)

ENGL 113	College Writing I	3			<i>Required for all students</i>
ENGL 114	College Writing II	3			<i>Required for all students</i>

2. Writing Across the Curriculum (6 credits; one or both courses embedded in major requirements)

AEXS 401	Management of Health/Fitness Programs	NA			<i>Record credits on major requirement line</i>
		NA			<i>Record credits on GenEd or elective line</i>

3. Computer Applications (3 credits)

		3			
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4. Information Literacy (3 credits -- this is embedded in major requirements)

II. Domains of Knowledge and Understanding

1. Arts and Humanities

A. Literary Studies (3 credits)

		3			
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B. Visual/Performing Arts (must total 3 credits)

C. Spiritual and Ethical Dimensions (3 credits)

		3			
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2. Analytical and Natural Sciences

A. Quantitative Reasoning (3 credits)

		3			<i>MATH 115, 125, 131, or 140 recommended for this major, as one of these is prerequisite for PHYS 205</i>
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B. Natural Sciences (4 credits; lecture and lab)

BIOL 130	Anatomy and Physiology Concepts I	3			
BIOL 132	Anatomy and Physiology Concepts I Lab	1			<i>Required for major</i>

* e.g., F 09, S 10, or TR for transferred courses

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Note: Major requirements are broken down by the year typically taken, with a section for those that have flexible timing. Major requirements for AEXS total **62.5 credits** (56 credits strictly for the major, plus 6.5 credits that overlap with GenEds).

Major Requirements -- typically taken during the FIRST YEAR:

Course code	Title	Cr	Sem/Yr	Grade	Note
AEXS 101	Introduction to Applied Exercise Science	1			
BIOL 130	Anatomy and Physiology Concepts I	NA			Record credits on GenEd page. Fall only.
BIOL 132	Anatomy and Physiology Concepts I Lab	NA			
BIOL 131	Anatomy and Physiology Concepts II	3			Prerequisite: BIOL 130 and 132. Spring only.
BIOL 133	Anatomy and Physiology Concepts II Lab	1			
CHEM 101	Chemistry Survey	3			
CHEM 102	Chemistry Survey Laboratory	1			
MOSK 101	Outdoor Pursuits	NA			Record credits on GenEd page. Spring only.

In addition, you should take the following **General Education requirements** your first year:

ENGL 113	College Writing I (<i>Fall only</i>)	Record on GenEd page
ENGL 114	College Writing II (<i>Spring only</i>)	
HLTH 100	Wellness: A Way of Life	
Quantitative Reasoning: MATH 115, 125, 131, or 140 is recommended, as one is a prerequisite for PHYS 205		

In addition, select:

- Major requirements from the flexible timing section, as appropriate (see page 5)
- General Education requirements (see page 1), and/or
- Allowable electives (see page 7)

To **total 30 credits for the year.**

Major Requirements -- typically taken during the SECOND YEAR:

Course code	Title	Cr	Sem/Yr	Grade	Note
AEXS 230	Instructional Strategies and Presentation Techniques	2			Prerequisite: AEXS 101 and AEXS major
MSCI 313	Physiology of Exercise	3			Prerequisite: BIOL 130 and 131
MSCI 315	Physiology of Exercise - Lab				
PHYS 205	Physics for Movement Science	3			Prerequisite: MATH 115, 125, 131, 140, or 142
PHYS 207	Physics for Movement Science Laboratory	1			

In addition, select:

- Major requirements from the flexible timing section, as appropriate
- General Education requirements, and/or
- Allowable electives

To **total 30 - 33 credits for the year.**

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Major Requirements -- typically taken during the THIRD YEAR:

Course code	Title	Cr	Sem/Yr	Grade	Note
AEXS 310	Junior Seminar	1			Prerequisite: AEXS 101, 230, 260, 284 and AEXS major
AEXS 350	Internship I	2			Prerequisite: AEXS 284, MSCI 313, and AEXS major

In addition, select:

- Major requirements from the flexible timing section, as appropriate
- General Education requirements, and/or
- Allowable electives

To total 30 - 33 credits for the year.

Major Requirements -- typically taken during the FOURTH YEAR:

Course code	Title	Cr	Sem/Yr	Grade	Note
AEXS 401	Management of Health/Fitness Programs	3			Prerequisite: AEXS 101, 230, 284, 260, 350 <i>Senior AEXS majors only</i>
AEXS 486	Health/Fitness Fieldwork (10 - 15 cr)				Prerequisite: AEXS 260 and 350, senior standing, permission required <i>Usually taken during final semester</i>

*In addition, take any outstanding major requirements from the flexible timing section, outstanding General Education requirements, or necessary electives to **total a minimum of 120 credits earned for your career.***

Major requirements continued on next page

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Major Requirements -- flexible timing (note prerequisites):

Course code	Title	Cr	Sem/Yr	Grade	Note
AEXS 260	Exercise Testing and Prescription (and lab)	3			Prerequisite: AEXS 101, MSCI 313, and AEXS major <i>Should be taken 2nd year or fall of 3rd year</i>
AEXS 284	On-Campus Practicum	1			Prerequisite: AEXS 101 and AEXS major <i>Should be taken 1st or 2nd year</i>
AEXS 335	Measurement and Evaluation	3			Prerequisite: AEXS major and MATH 115, 125, 131, or 140; <i>can be taken 2nd, 3rd, or 4th year</i>
AEXS 365	Exercise Testing and Prescription for Special Populations	3			Prerequisite: AEXS 101, 230, 260, 284, and AEXS major; <i>take anytime after meeting prerequisites</i>
HLTH 261	Introduction to Nutrition	3			<i>Recommended preparation: CHEM 101 and 102; typically taken 1st or 2nd year</i>
HLTH 361 or MSCI 440	Applied Nutrition Nutrition and Athletic Performance	3			Prerequisite: HLTH 261 <i>Can be taken 2nd year or later</i> Prerequisite: HLTH 261 <i>Can be taken 3rd or 4th year</i>
MSCI 319 MSCI 321	Kinesiology/Biomechanics Kinesiology/Biomechanics - Lab	3			Prerequisite: BIOL 130 and 131, PHYS 205 <i>Take anytime after meeting prerequisites</i>
PEPC 125	Health Fitness Resistance Training	NA			<i>Record credits on GenEd page; can be taken any year</i>
PEAC/PEPC _____	Aerobics Selective	NA			<i>Choose from: PEAC 111, PEAC 115, PEAC 116, PEPC 146 (1 cr.), or PEPC 211; take any year</i>

Plus one of the following 3 courses:

AEXS 461	Electrocardiogram Interpretation and Graded Exercise Testing (and lab)				Prerequisite: AEXS 260 and AEXS major <i>Typically taken 3rd or 4th year</i>
AEXS 470	Strength and Conditioning	3			Prerequisite: MSCI 313 and 319, AEXS major <i>Typically taken 3rd or 4th year</i>
AEXS 480	Concepts of Personal Training				Prerequisite: AEXS 101, 230, 260, 284, 350, and AEXS major; <i>typically taken 3rd or 4th year</i>

APPROVED MAJOR REQUIREMENT MODIFICATIONS (if applicable):

Any substitution or waiver of the requirements listed above must be approved by the department chairperson. Documentation of that approval should also be kept in the student's departmental file.

Requirement	Modification	Date	Dept. chair signature

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OPTIONAL Program Specializations:

Note: In general, providing all prerequisites are met, 100-level courses can be taken anytime, 200-level courses can be taken in the 1st year; 300-level courses can be taken beginning in the 2nd year; 400-level can be taken beginning in the 3rd year.

Course code Title Cr Sem/Yr Grade Note

Sports Performance (optional specialization):

AEXS 470	Strength and Conditioning	3			Prerequisite: MSCI 313 and 319, AEXS major
AEXS 471	Strength and Conditioning Applications	1			Prerequisite: AEXS 470 and AEXS major
MOST 224	Motor Learning and Skill Acquisition	3			Prerequisite: MOST 105 or permission
MOST 328	Psychology of Sport	3			
MSCI 440	Nutrition and Athletic Performance	3 / NA			Prerequisite: HLTH 261 <i>Can be used as major requirement selective above</i>
PHED 212	Principles and Problems of Coaching	2			

Personal Training (optional specialization):

AEXS 480	Concepts of Personal Training	3 / NA			Prerequisite: AEXS 101, 230, 260, 284, 350, and AEXS major <i>Can be used as major requirement selective above</i>
BUSM 150	Introduction to Business	3			
CISC 115	Microcomputer Applications	3 / NA			Also fills Computer Competency GenEd
HPER 478	Budgeting for Sport and Recreation	3			
HPER 479	Personnel and Human Resources Management	3			
SMRT 304	Marketing Issues in Sport and Recreation	3			

Spa and Wellness Management (optional specialization):

AEXS 337	Alternative and Complementary Wellness	3			Prerequisite: AEXS major, JR or SR standing
BUSM 121	Principles of Marketing	3			Prerequisite: BUSM 150
BUSM 150	Introduction to Business	3			
HLTH 361	Applied Nutrition	3 / NA			Prerequisite: HLTH 261. <i>Can be used as major requirement selective above.</i>
SMRT 116	Event Management and Promotions	3			
HPER 479 or SMRT 106	Personnel and Human Resources Management Dynamics of Leadership	3			

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Electives, to total a minimum of 120 credits:

You must earn a minimum of 120 credits to complete your degree. Depending on 1) which GenEd courses you select, 2) how many Fieldwork credits you do, and 3) whether or not you complete an optional specialization, you will need as many as **18 elective credits or more** to reach 120 credits. List those electives below (including courses for a minor, if you choose to complete one).

Course code	Title	Cr	Sem/Yr	Grade	Note

TOTAL CREDITS EARNED: _____ credits as of ____ / ____ / ____ (see transcript or course history to verify)

AEXS Major Program Standards:

In order to qualify for advanced standing in the AEXS major, and to be eligible for 3rd- and 4th-year courses, I must achieve the following by the end of my sophomore year (and maintain them throughout the remainder of my program):

- Have completed AEXS 284, BIOL 130-133, CHEM 101-102, HLTH 100, and PHYS 205 and 207.
- Earn a **minimum cumulative GPA of 2.750.**
- Earn a grade of **C- or better in all AEXS courses and MSCI courses.** (Courses with unacceptable grades must be repeated.)
- Earn 10.0 professional development points (PDPs) through the course of each calendar year, as outlined in the AEXS program manual.
- Demonstrate proper professional and responsible behavior, both on- and off-campus.

Undergraduate Degree Requirements:
 (Minimum standards for the College -- major standards may be higher)

- I have completed all General Education domains and competencies.
- I have completed a minimum of 40 credits of General Education coursework, without exceeding the overlap limit.
- I have completed a minimum of 120 credits (see transcript or course history to verify).
- I have a cumulative GPA of 2.000 or better. (AEXS major requires a cumulative GPA of 2.75 or higher.)
- I have completed all required coursework for my major (see recommended year and flexible timing sections above).
- I have satisfied all program standards for this major (listed above and/or referenced in department publications).