

2021 - 2022 Major Map

Clinical Exercise Science, BS

School/College: **College of Health Solutions**
ECEXERBS

Term 1 0 - 15 Credit Hours Critical course signified by ♦	Hours	Minimum Grade	Notes
♦ CHS 101: The ASU Experience for Health Solutions Students	1		
♦ KIN 101: Introduction to Kinesiology	3	C	
CHS 100: Optimizing Your Health and Performance (SB) OR CHS 300: An Exploration of Well-Being (SB)	3	C	
ENG 101 or ENG 102: First-Year Composition OR ENG 105: Advanced First-Year Composition OR ENG 107 or ENG 108: First-Year Composition	3	C	<ul style="list-style-type: none"> ASU 101 or college-specific equivalent First-Year Seminar required of all first-year students. Students who enter as freshmen must enroll in CHS 100; students who enter with more than 45 hours may enroll in CHS 300 instead. Join a student club or professional organization.
MAT 170: Precalculus (MA)	3	C	
Elective	2		
Term hours subtotal:		15	

Term 2 15 - 31 Credit Hours Critical course signified by ♦	Hours	Minimum Grade	Notes
CHM 113: General Chemistry I (SQ)	4	C	<ul style="list-style-type: none"> Explore 4+1 options in the major.
ENG 101 or ENG 102: First-Year Composition OR ENG 105: Advanced First-Year Composition OR ENG 107 or ENG 108: First-Year Composition	3	C	
EXW 215: Resistance Training and Recovery Techniques OR EXW 217: Cardiorespiratory and Flexibility Training	3	C	
PSY 101: Introduction to Psychology (SB)	3	C	
Humanities, Arts and Design (HU) AND Global Awareness (G)	3		
♦ Complete ENG 101 OR ENG 105 OR ENG 107 course(s).			
Term hours subtotal:		16	

Term 3 31 - 47 Credit Hours Critical course signified by ♦	Hours	Minimum Grade	Notes
♦ BIO 201: Human Anatomy and Physiology I (SG)	4	C	
EXW 215: Resistance Training and Recovery Techniques OR EXW 217: Cardiorespiratory and Flexibility Training	3	C	<ul style="list-style-type: none"> Secure a part-time job or volunteer experiences. Become a student member of a professional organization.
NTR 241: Human Nutrition	3	C	
STP 226: Elements of Statistics (CS) OR STP 231: Statistics for Life Science (CS) OR HCD 300: Biostatistics (CS)	3	C	

◆ Complete EXW 215 AND EXW 217 course(s).

◆ Complete First-Year Composition requirement.

◆ Complete Mathematics (MA) requirement.

◆ Minimum 3.00 GPA ASU Cumulative.

Term hours subtotal: 16

Term 4 47 - 63 Credit Hours Critical course signified by !	Hours	Minimum Grade	Notes
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◆ BIO 202: Human Anatomy and Physiology II (SG)

4 C

- Research [health professions graduate programs](#).
- Students interested in applying to health professions graduate programs should utilize electives to fulfill pre-requisite coursework.

KIN 290: Introduction to Evidence-Based Practice (L) OR
NTR 290: Introduction to Evidence-Based Research in Nutrition (L)

3 C

Humanities, Arts and Design (HU) AND Historical Awareness (H)

3

Complete 2 courses:
Elective

6

◆ Minimum 3.00 GPA ASU Cumulative.

Term hours subtotal: 16

Term 5 63 - 79 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
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★ EXW 330: Kinesiological Foundations of Movement

4 C

- Develop your [professional online presence](#).

★ KIN 340: Physiology of Exercise

3 C

EXW 344: Impact of Physical Activity on Health and Disease

3 C

KIN 352: Psychosocial Aspects of Physical Activity (SB & C)

3 C

Upper Division Major Electives

3 C

★ Minimum 3.00 GPA ASU Cumulative.

Term hours subtotal: 16

Term 6 79 - 95 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
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★ EXW 420: Exercise Testing

4 C

- Gather professional references.

Complete 2 courses:

Upper Division Major Electives

6 C

Upper Division Literacy and Critical Inquiry (L)

3

Elective

3



Complete Cultural Diversity in the U.S. (C) AND Global Awareness (G) AND Historical Awareness (H) course(s).



Minimum 3.00 GPA ASU Cumulative.

Term hours subtotal: 16

Term 7 95 - 108 Credit Hours Necessary course signified by	Hours	Minimum Grade	Notes
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KIN 447: ECG Interpretation

3

C

- Explore an [internship](#)
- Thinking about graduate school? Consider registering for a grad school [test prep course](#).



Complete 2 courses:
Upper Division Major Electives

6

C

Upper Division Elective

1

Elective

3



Minimum 3.00 GPA ASU Cumulative.

Term hours subtotal: 13

Term 8 108 - 120 Credit Hours Necessary course signified by	Hours	Minimum Grade	Notes
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EXW 484: Internship

3

C

Upper Division Major Electives

3

C

Complete 2 courses:
Elective

6

- Apply for [full-time career opportunities](#).
- The EXW 484: Internship fulfills the college's experiential learning requirement.

Term hours subtotal: 12

- Students will select their specialty focus courses with the advice of the academic advisor. Students interested in taking NTR 457 Sports Nutrition as one of their specialty focus courses need to take NTR 241 as their elective in term 4.

[Hide Course List\(s\)/Track Group\(s\)](#)

Major Electives

CHS 340: Health Theory

CHS 394: CHS Peer Instructional Facilitator

CHS 494: Adaptive Exercise Program Practical Experience

CHS 494: Advanced Undergraduate Teaching Assistant

CHS 494: Undergraduate Research

EXW 400: Stress Management for Wellness

EXW 494: Ex Rx: Cardiorespiratory and Metabolic Conditions

HEP 410: Obesity Perspectives and Prescriptions

HSC 355: Eating for Lifelong Health (SB)

KIN 345: Motor Behavior

KIN 415: Theory of Corrective Exercise

KIN 422: Motor Control in Special Populations (L)

KIN 423: Motor Control and Aging (L)

KIN 424: Neural Aspects of Movement and Rehabilitation

KIN 442: Fuel Metabolism

KIN 443: Exercise Endocrinology (L)

KIN 444: Metabolic Adaptations to Exercise Training

KIN 446: Pediatric Obesity

KIN 450: Biopsychosocial Perspectives on Physical Activity and Health

KIN 452: Exercise Psychology (SB)

KIN 460: Theory of Strength Training (L)

KIN 465: Muscle Physiology

NTR 341: Medical Nutrition Therapy I

NTR 350: Nutrition Counseling

NTR 353: Perspectives on the Western Diet: Food, Health and Sustainability

NTR 450: Nutrition in the Life Cycle (SB)

PRM 364: Foundations of Recreation Therapy (SB)

PRM 384: Recreational Therapy Practicum

PRM 453: Inclusive and Adaptive Sports and Recreation

Notes:

- First-Year Composition: All students are placed in ENG 101 unless submission of SAT, ACT, Accuplacer, IELTS, or TOEFL score, or college-level transfer credit or test credit equivalent to ASU's first-year composition course(s), determine otherwise. Students on Polytechnic, Downtown Phoenix and West Campuses are encouraged to complete the Directed Self-Placement survey to choose the first-year composition option they believe best suits their needs. Visit: <https://cisa.asu.edu/DSP>
- Mathematics Placement Assessment score determines placement in first mathematics course.

Total Hours: 120

Upper Division Hours: 45 minimum

Major GPA: 2.00 minimum

Cumulative GPA: 2.00 minimum

Total hrs at ASU: 30 minimum

Hrs Resident Credit for

Academic Recognition: 56 minimum

Total Community College Hrs: 64 maximum

General University Requirements Legend

General Studies Core Requirements:

- Literacy and Critical Inquiry (L)
- Mathematical Studies (MA)
- Computer/Statistics/Quantitative Applications (CS)
- Humanities, Arts and Design (HU)
- Social-Behavioral Sciences (SB)
- Natural Science - Quantitative (SQ)
- Natural Science - General (SG)

General Studies Awareness Requirements:

- Cultural Diversity in the U.S. (C)
- Global Awareness (G)
- Historical Awareness (H)

First-Year Composition

General Studies designations listed next to courses on the major map were valid for the 2021 - 2022 academic year. Please refer to the course catalog for current General Studies designations at time of class registration. General Studies credit is applied according to the designation the course carries at the time the class is taken.