**Elon Core Curriculum (56-60 sh)**

**FIRST-YEAR FOUNDATIONS:**

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
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<tbody>
<tr>
<td>COR 110 – Global Experience</td>
<td>4</td>
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<tr>
<td>ENG 110 – Writing: Argument &amp; Inquiry</td>
<td></td>
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<tr>
<td>(C- or better required for graduation)</td>
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<tr>
<td>MTH 110 or 151 or 220</td>
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**Experiential Learning Requirement (ELR – 2 units required):**

Included in experiential learning are study abroad, research, service-learning, leadership, internships, (including co-ops, teaching, and practicum), or other courses or experiences with ELR designation.

**World Language Requirement:**

Students must meet one of the following: (a) complete a language course numbered 122 or higher at Elon, or receive transfer or study abroad credit for the same; (b) place into a language course numbered 200 or above upon arriving at Elon, using a department of world languages approved placement instrument; (c) score a 4 or 5 on an AP language exam or similar exam. Each student must take the language placement test by October 1 of his or her first full year at Elon. Students are allowed two tries; the higher score is counted. That score stands and may not be repeated by later testing. Consideration for Phi Beta Kappa membership requires completion of one intermediate world language course, placement beyond that level or equivalent proficiency.

**STUDIES IN THE ARTS AND SCIENCES:**

- **Expression**
  - (8 s.h.)
  - [Eight hours chosen from at least two of the following: literature (in English or world languages), philosophy, & fine arts (art, dance, fine arts, music, music theatre, & theatre). At least one course must be literature.]

- **Civilization**
  - (8 s.h.)
  - [Eight hours chosen from at least two of the following: history, world languages, art history and religious studies.]

- **Society**
  - (8 s.h.)
  - [Eight hours chosen from at least two of the following: economics, geography, human service studies, political science, psychology, & sociology/anthropology, and public health studies 201 or 202.]

- **Science/Analysis**
  - *BIO 263 (Lab: ___) *BIO 264 (8 s.h.)
  - [Eight hours chosen from one or more of the following: mathematics/statistics, science, computer science and information science. At least one course must be a physical or biological laboratory science.]

**ADVANCED STUDIES** (Must be outside major.)

- (8 s.h.)
  - [Eight hours of 300-400 level coursework outside the major field and chosen from areas under Studies in the Arts and Sciences.]

**COR Interdisciplinary Capstone Seminar**

- (4 s.h.)
  - [300-400 level COR course; requires junior/senior status.]

**Major Requirements**

A minimum of 58 s.h. in the following courses is required.

- **Core requirements:**
  - ___ESS 101 (4) – Introduction to Exercise Science
  - ___ESS 263 (4) – Neuromotor Control
  - ___ESS 281 (2) - Practicum
  - ___ESS 295 (4) - Research Methods
  - ___ESS 321 (4) – Biomechanics
  - ___ESS 323 (4) – Bioenergetics of Physical Activity
  - ___ESS 324 (4) - Physiology of Exercise
  - ___ESS 424 (4) – Exercise Testing and Prescription
  - ___ESS 495 (4) - Senior Seminar
  - ___CHM 111 (4) - General Chemistry with Lab
  - ___*BIO 263 (4) - Human Anatomy
  - ___*BIO 264 (4) - Human Physiology

Select one course from the following:

- ESS 333 (4) Exercise Psychology
- ESS 342 (4) Sport Psychology

Select 8 semester hours from any ESS course or PEH 324 Nutrition:

- _____ _____

*Required in major; may count in Elon Core Curriculum.