

# PATH TO THE PLAINS

# SUCCESS GUIDE

| Associate in Science - Exercise Science and Exercise, Performance, & Health Optimization |       |                           |   |              |      |
|--|-------|---------------------------|---|--------------|------|
| Path to the Plains   |       |                           |   |              |      |
| Semester   | Grade | Course                    | Course Description  | Credit Hours | Area |
| 1  |       | ORI 101                   | Orientation to College  | 2            | V    |
|  |       | ENG 101                   | English Composition I (Minimum grade of C required)   | 3            | I    |
|  |       | MTH 113                   | Precalculus Trigonometry or higher  | 3            | III  |
|  |       | BIO 103                   | Principles of Biology I   | 4            | III  |
|  |       | SPH 106 or<br>SPH 107     | Fundamentals of Oral Communication or<br>Fundamentals of Public Speaking                              | 3            | II   |
|  |       | PHED 1000                 | Active Auburn   | 2            | V    |
|  |       |                           | Semester Total  | 17           |      |
| 2  |       | ENG 102                   | English Composition II (Minimum grade of C required)  | 3            | I    |
|  |       | HIS 101 or<br>HIS 121     | Western Civilization I or<br>World History I  | 3            | IV   |
|  |       | BIO 104                   | Principles of Biology II (Must complete sequence)   | 4            | III  |
|  |       | Medical<br>Terminology    | Any of these count as Medical Terminology at Auburn<br>University: BIO 120, HIT 110, HPS 105, OAD 211 | 3            | V    |
|  |       | KINE 1100                 | Wellness & Public Health  | 3            | V    |
|  |       |                           | Semester Total  | 16           |      |
| 3  |       | BIO 201                   | Human Anatomy & Physiology I  | 4            | V    |
|  |       | Literature                | Core Literature course  | 3            | II   |
|  |       | Social Science            | Core Social Science course  | 3            | IV   |
|  |       | HIS 102 or<br>HIS 122     | Western Civilization II or World History II or other<br>Social Science course**                       | 3            | IV   |
|  |       | KINE 2250                 | Motor Development Across the Lifespan   | 2            | V    |
|  |       |                           | Semester Total  | 15           |      |
| 4  |       | Fine Arts                 | Core Fine Arts course   | 3            | II   |
|  |       | BIO 202                   | Human Anatomy & Physiology II   | 4            | V    |
|  |       | Humanities                | Core Literature or other Humanities course**  | 3            | II   |
|  |       | Social Science            | Core Social Science course  | 3            | IV   |
|  |       | KINE 4600 or<br>KINE 4620 | Strength and Conditioning Development (on campus only) or<br>Exercise and Sport Psychology (online)   | 3            | V    |
|  |       |                           | Semester Total  | 16           |      |
| Total credit hours to be taken at Auburn University - 10                                 |       |                           | TOTAL HOURS   | 64           |      |

2024-2025 Catalog

\*\*Must complete either a history or literature sequence.