**First-Year Advising & Registration Guidebook**

# **Exercise Science B.S.**

Your First-Year Advising & Registration (FYAR) Guidebook will help you identify classes of interest for your first semester at Elon University. Use this with your online preorientation, ***Elon Bound***. You will also want to spend time on the FYAR section of the [Office of Academic Advising](https://www.elon.edu/u/academics/koenigsberger-learning-center/academic-advising/first-year-advising-registration/course-selection-resources/) website where you will find video tutorials and frequently asked questions.

Your FYAR Guidebook provides information for recommended classes in your area of academic exploration. Read this information carefully and complete the worksheet section of the guidebook ***before*** attending your small group virtual advising meeting.

# **Exercise Science B.S.**

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| **Your first semester schedule will consist of the following:** |
| * ELN 1010: First Year Advising Seminar (required) * COR 1100 ***OR*** ENG 1100 (required) |

**Major Course Options:**

* Exercise Science (ESS) 1110: Introduction to Exercise Science
* Chemistry (CHM) 1110: General Chemistry I with CHML 1110 Lab

**Note:** Human Anatomy and Human Physiology are ***not*** recommended for first semester college students without prior completion of CHM 1110 or Biology (BIO) 1112/1113: Cell Bio with Lab.

**Additional Options:**

* First Year Foundations Math based on placement score
* World Language based on placement score
* [Studies in the Arts & Sciences](https://www.elon.edu/u/academics/koenigsberger-learning-center/academic-advising/building-your-class-schedule/) Courses from Society, Expression, or Civilization

Your goal is to **register for 16-18 semester hours** for the upcoming semester, with 17 semester hours being the most common course load.

Alternate classes are critical so plan for at least 8 classes of interest that can be taken in your first semester or would be of interest for a future term.

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| **Building Your Schedule Worksheet­** | |
| Complete this worksheet to determine classes of interest for your first semester at Elon. You should have a minimum of 10 classes of interest to consider. This will best enable you to create a schedule with both class interests and times that are most effective for your learning. | |
| 1. Circle/highlight the class you are pre-enrolled in. You will complete both courses, 1 in the fall and the other in the spring. | * COR 1100: The Global Experience * ENG 1100: Writing – Argument & Inquiry |
| 1. Are you undecided on what major to pursue? Consider enrolling in Enroll in ELN 1110: Exploring Majors for 1 semester hour. | Circle level of interest:  Yes  No |
| 1. Enter your ELN 1010 course time in the box to the right. Check your schedule in OnTrack. |  |
| 1. How many credits do you want to take this semester? Overall, 17 credits is the most common. A minimum of 12 is needed to be full-time. First semester students enrolled in ELN 1010 can enroll in up to 19. |  |
| 1. My Math Placement is (check your *Timeline* in OnTrack): |  |
| 1. Do you want to take First-Year Foundations Math this semester? |  |
| 1. My World Language Placement is (check your Timeline in OnTrack): |  |
| 1. Do you want/need to take a World Language your first semester? |  |
| 1. What intro to major classes interest you? Be sure to list both the major and the class so you can keep track of which classes connect to which major(s). (View page 2 of this document.) |  |
| 1. What courses in Expression did you look up in OnTrack and find interesting? |  |
| 1. What courses in Civilization did you look up in OnTrack and find interesting? |  |
| 1. What courses in Society did you look up in OnTrack and find interesting? |  |
| 1. What courses in Science did you look up in OnTrack and find interesting? |  |
| 1. Note questions you plan to ask during your virtual advising session. | |

## **Exercise Science Major Schedule Example 1**

A screenshot of a calendar

Description automatically generated

Course List of 17 semester hours:

* ELN 1010 – required
* COR 1100 – required in either fall or spring
* STS 2120 – First Year Foundations Math (based on placement)
* ESS 1110 – Major + Science/Analysis Non-Lab
* CHM/CHML 1110 – Major + Science/Analysis Lab

## **Exercise Science Major Schedule Example 2**

A screenshot of a calendar

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Course List of 17 semester hours:

* ELN 1010 – required
* ENG 1100 – required in either fall or spring
* STS 1100 – First Year Foundations Math (based on placement)
* ESS 1110 – Major + Science/Analysis Non-Lab
* PSY 1000 - Society