FIRST YEAR SEMINAR
__UCO 1200, HON 1515, or WRC 1103 (3 of 6 s.h. will count here) or __UCO MET* (0 s.h.)

*open to students who: 1. graduated from high school more than one year prior to entering Appalachian; 2. are classified as transfer students by Admissions; AND 3. have earned 30 or more transferable semester hours at one or more postsecondary institutions prior to entering Appalachian. Credit by exam, university placement credit, and credit for life or military experience are excluded from the 30 s.h. Students using this option will have 41 s.h. of General Education.

WRITING ACROSS THE CURRICULUM (6 s.h. required)
__R C 1000, LLC 1000, or WRC 1103 (3 of 6 s.h. will count here)
__R C 2001 or WRC 2001

MAJOR REQUIREMENTS (hours count in major requirements)
__Junior Writing in the Discipline (“WID” on major Program of Study)
__Senior Capstone Experience (“CAP” on major Program of Study)

WELLNESS LITERACY (2 s.h. required)
Choose from the following:
1 s.h. courses: __, __P E 1530-1549, P E 1700-1877
2 s.h. courses: __DAN 1405, 1410, 1420, 1430, 2405, 2410,
2420, or 2430, __HPE 1000, __MSL 1101,
__P H 1105, __SSU 2280, 2480, 2580, or 4580
3 s.h. courses (additional hour may count as elective):
__DAN 4460, __HPE 4320, __NUT 2202, __P E 1718

QUANTITATIVE LITERACY (4 s.h. required)
4 s.h. courses (These courses fully complete this requirement.): __C S 2435, __MAT 1010, 1020, or 1110, __STT 2820, __WRC 1010
3 s.h. courses (These courses count toward, but do not fully complete, this requirement.):
__ECO 2100 or 2200, __MAT 1035, __STT 1810, 2810, or 3820
1 s.h. courses (for students who transfer 3 s.h. of QL coursework): __MAT 1005, __STT 1805 (not open to students with other STT credit)

NOTE: If you have transferred 3 hours of QL coursework, please check with your advisor to see if your intended major or minor requires a course which can count for the final QL hour.

SCIENCE INQUIRY requires 8 semester hours from one theme (underlined). Courses in themes marked with an * must be taken sequentially. Check the course descriptions for any pre- and/or co-requisites.

☐Biology in Society: BIO __1201 (3 s.h.), __1202 (3 s.h.), and __1203 (2 s.h.) or (for transfer credit) BIO __1201 (3 s.h.)/1204 (1 s.h.) and __1202 (3 s.h.)/1205 (1 s.h.)
☐The Blue Planet: take both: GES __1104 (4 s.h.) and __1105 (4 s.h.)
☐Chemistry Connections to Our Changing World: take both: CHE __1101 (3 s.h.)/1110 (1 s.h.) and __1102 (3 s.h.)/1120 (1 s.h.)
☐Global Environmental Change: choose 2 from: __BIO 1103 (4 s.h.), __GHY 1011 (4 s.h.), __GHY 1012 (4 s.h.), __GES 1103 (4 s.h.),
__GES 1104 (4 s.h.)
☐How Things Work: take both: PHY __1101 (4 s.h.) and __1102 (4 s.h.)
☐Life, Earth and Evolution: take both: __ANT 1430 (4 s.h.) and __GES 1102 (4 s.h.)
☐The Physics of Our Technological World: take both: PHY __1103 (4 s.h.) and __1104 (4 s.h.)
☐Physics of Self Expression: choose 2 from: PHY __1101 (4 s.h.), __1812 (4 s.h.), and __1814 (4 s.h.)
☐Physics with Calculus: take both: PHY __1150 (5 s.h.) and __1151 (5 s.h.)
☐Restless Planet: Earth, Environment and Evolution: choose 2 from: GES __1101 (4 s.h.), __1102 (4 s.h.), and __1103 (4 s.h.)
☐Voyages Through the Cosmos: take both: AST __1001 (4 s.h.) and __1002 (4 s.h.)

NOTE: A 1 hour lab option may be available for students who have transferred in a 3 hour science lecture course. Please contact the Office of General Education at (828) 262-2028 or gened@appstate.edu for more information.
DESIGNATIONS (3 s.h. of each required); may be taken in Integrative Learning Experience or Liberal Studies Experience:

__Fine Arts (FA), ___Historical Studies (HS), ___Literary Studies (LS), ___Social Science (SS)

INTEGRATIVE LEARNING EXPERIENCE: Complete 9 semester hours from a single theme. Students must take courses from at least two discipline prefixes in the chosen theme with the exceptions of “Appalachian Mountains: Community, Culture, and Land” and “Experiencing Inquiry: How to Ask Questions.” All courses are 3 semester hours.

☐American Culture: Past and Present: __ANT 2235 (SS), __COM 3130, __ENG 2120 (LS), __GHY 3016 (SS), __HIS 2525 (HS), __HIS/REL 3110, __IDS 2000, __WRC 2020 (SS)

☐Appalachian Mountains: Community, Culture, and Land: __A S/MUS 2016 (FA), __A S 2200 (LS), __A S/GE 2301, __A S 2411 (SS), __A S 3000, __HIS 3726 (HS), __SOC 3710 (SS)

☐Cultivating Creative Expression: __ART 2022 (FA), __ENG 2360 (LS), __MUS 2022 (FA), __THR 2022 (FA)

☐Experiencing Inquiry: How to Ask Questions: __WRC 2201 (LS), __WRC 2202 (HS), __WRC 3000 (SS), __WRC 3203 (FA)

☐Expressions of Culture: __COM 2124 (SS), __DAN 2020 (FA), __DAN 2030 (FA), __HIS/IDS 3340 (HS), __LLC 2050, __THR 2020 (FA)

☐From Empire to Globalization: __ANT 1415 (SS), __ANT 2340 (SS), __ENG 2040 (LS), __GWS 2421, __MUS 2023 (FA), __PHL 3050, __P S 3410, __SOC 2050 (SS), __WRC 2400 (FA)

☐How We Know What We Know About the Past: Method, Evidence, Knowledge: __ANT 1420 (SS), __ANT 1425 (SS), __GHY 3005 (SS), __GES 1842, __HIS 2312 (HS), __LLC 2045 (LS), __LLC/WRC 2030, __2403 (LS), __2405, __WRC/HIS 3210, __3401 (LS), __3403 (FA), __THR 2005 (FA), __THR 3640 (FA)

☐The Human-Animal Bond: __ENG 2430 (LS), __ENG/S D 3715 (LS), __GHY 2200 (SS), __GLS 3580, __HIS 2150 (HS), __PHL 2010, __WRC 2100

☐Imagination, Innovation, and Meaning: __ANT 2440 (SS), __DAN 2010 (FA), __HIS 1110 (HS), __MUS 2018 (FA), __PHL 2013, __THR 2010 (FA)

☐Intersections: Race, Class, and Gender: __ANT 2420 (SS), __ENG 2130 (LS), __GWS 2421, __MUS 2023 (FA), __PHL 3050, __P S 3410, __SOC 2050 (SS), __WRC 2400 (FA)

☐Revolutions: Social and Political: __ART 2019 (FA), __GHY 2700 (SS), __HIS 1501 (HS), __HIS 2340 (HS), __MUS 2015 (FA), __PHL 3030, __SOC 1100 (SS), __THR 2017 (FA)

☐Social Relations Across Contexts: __COM 2121, __GHY 3230 (SS), __HIS 1110 (HS), __PLN 3040 (SS), __PSY 2100, __PSY 2213 (SS), __SOC 1110 (SS)

☐Sustainability and Global Resources: __FCS 2110, __FER 1000, __GHY 1010, __IDS 3010, __PHL 2015, __PHY 1830, __S D 2400, __TEC 2029 (SS)

☐War and Peace: __ANT 2222 (SS), __GLS/JHP 2350, __HIS/JHP 2300, __HIS 3158 (HS), __HIS 3823 (HS), __P S 4225 (SS), __REL 3170, __SOC 3800 (SS)

LIBERAL STUDIES EXPERIENCE: Complete 12 semester hours from at least three discipline prefixes. Unless otherwise indicated, all courses are 3 semester hours.

Anthropology (ANT): __2100 (SS), __2400 (SS), __2430 (SS), __2700 (SS), __2800 (SS)

Appalachian Studies (A S): __2020, __2025

Apparel Design and Merchandising (ADM): __1000 (SS)

Arabic (ARB): __1050

Art (ART): __2011 (FA), __2016 (FA)

Art History (ARH): __2030 (FA), __2130 (FA)

Astronomy (AST): __1050

Career and Technical Education (CTE): __1590

Chinese (CHN): __1050

Commercial Photography (PHO): __2032

Communication (COM): __2105, __3300, __3315

Criminal Justice (C J): __3450 (SS)

Curriculum & Instruction (C I): __C I/R M 2000

Dance (DAN): __1431 (FA), __2800 (FA), __3430 (FA), __3435 (FA), __3445 (FA)

Economics (ECO): __2030 (SS), __2040 (SS), __2620 (SS)

English (ENG): __1500, __2030 (LS), __2050 (LS), __2060 (LS), __2070 (LS), __2175, __2190 (LS), __2350 (LS), __ENG/HIP 3712 (LS)

Family & Child Studies (FCS): __2103 (SS), __2111

Finance (FIN): __2860

French (FRE): __1050 OR __1060 (3 of 6 s.h. count in General Education)

Gender, Women’s, and Sexuality Studies (GWS): __2600

Geography (GHY): __1020 (SS), __1040 (SS), __2300 (SS), __3013 (SS)

German (GER): __1050 OR __1060 (3 of 6 s.h. count in General Education)

History (HIS): __1101 (HS), __1102 (HS), __1130, __1200 (HS), __1700, __HIS/WRC 3210, __3350 (HS), __3728 (HS)

Honors College (HON) (restricted to HON students): __2515, __3515

Industrial Design (IND): __1401 (FA)

Interdisciplinary Studies (IDS): __3025, __3250

Interior Design (INT): __1300 (FA)

Japanese (JPN): __1050

Judaic, Holocaust, and Peace Studies (JHP): __H/JHP/REL 2110 (HS), __H/JHP/ENG 3712 (LS)

Languages, Literatures, and Cultures (LLC): __LLC/WRC 2030, __3430 (LS)

Latin (LAT): __1050

Music (MUS): __2011 (FA), __2014 (FA), __2017 (FA)**, __2025 (FA), __2052, __2611 (HS) (2 s.h.), __2612 (HS) (2 s.h.), __2613, __2616 (FA), __3611 (HS) (2 s.h.)

Nutrition (NUT): __2351 (SS)

Philosophy (PHL): __1000, __1100, __1501, __1503, __2000, __3003 (HS), __3013, __3015, __3020, __3200 (HS), __3550, __3600

Physics (PHY): __1600, __2220

Planning (PLN): __2410 (SS)

Political Science (P S): __1100 (SS), __1200 (SS), __2130 (SS)

Portuguese (POR): __1050

Psychology (PSY): __1200 (SS), __3010

Public Health (PH): __2000 (SS)

Recreation Management (R M): __R M/C I 2000, __2100 (SS), __2140 (HS)

Religious Studies (REL): __1010 (LS), __1100 (SS), __1110, __1120, __2010 (LS), __2030 (LS), __REL/JHP 2110 (HS), __2120 (HS), __2130, __2150 (HS), __2180

Russian (RSN): __1050

Sociology (SOC): __1000 (SS), __2020 (SS), __2850 (SS), __3100 (SS)

Somatic Sustainability (SSU): __2460

Spanish (SNH): __1050 OR __1060 (3 of 6 s.h. count in General Education)

Technology (TEC): __2601

Theatre (THR): __2025 (FA)**, __3030 (FA), __2300 (FA), __2610 (FA), __3730 (FA)

Watauga Residential College (WRC): __1104 (6 s.h.) (Restricted to WRC students), __WRC/LLC 2030, __2403 (LS), __2405, __WRC/HIS 3210, __3401 (LS), __3403 (FA), __3665 (LS)

*A student may use either MUS 2017 or THR 2025, but not both, to meet General Education requirements.