### 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 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

### 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, ___MAT 1020, ___MAT 1110, ___STT 2820, ___WRC 1010

3 s.h. courses (These courses count toward, but do not fully complete, this requirement.):

___ECO 2100, ___ECO 2200, ___MAT 1035, ___STT 1810, ___STT 2810, ___STT 3820

1 s.h. courses (for students who transfer 3 s.h. of QL coursework): ___MAT 1005, ___STT 1805

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

### 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

### 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, ___1202, and ___1203 or (for transfer credit) BIO ___1201/1204 and ___1202/1205
- **The Blue Planet:** GES___1101 and ___1105
- **Chemistry Connections to Our Changing World:** CHE___1101/ 1110 and ___1102/1120
- **Global Environmental Change:** choose 2 from: ___BIO 1103, ___GHY 1011, ___GHY 1012, ___GES 1103, ___GES 1104
- **How Things Work:** PHY ___1101 and ___1102
- **Life, Earth and Evolution:** ___ANT 1430 and ___GES 1102
- **The Physics of Our Technological World:** PHY ___1103 and ___1104
- **Physics of Self Expression:** choose 2 from: PHY ___1101, ___1812, and ___1814
- **Physics with Calculus:** PHY ___1150 and ___1151
- **Restless Planet: Earth, Environment and Evolution:** choose 2 from: GES ___1101, ___1102, ___1103
- **Voyages Through the Cosmos:** AST ___1001 and ___1002

**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.
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.”

☐ American Culture: Past and Present: __ANT 2235 (SS), __COM 3130, __ENG 2120 (LS), __HIS 2525 (HS), __IDS 2000, __REL 3110, __W 2020 (SS)

☐ Appalachian Mountains: Community, Culture, and Land: __A S/MUS 2016 (FA), __A S 2200 (LS), __A S/GES 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 2525, __GLS 2000, __HIS 1400 (HS), __P 2120

☐ How We Know What We Know About the Past: Method, Evidence, Knowledge: __ANT 1420 (SS), __ANT 1425 (SS), __GES 1842, __HIS 2312 (HS), __HIS 2320 (HS), __LLC 2045 (LS)

☐ How We Tell Stories: __C I/TIC 2100, __ENG 2170, __IDS 2211, __LLC 2025 (LS), __PHL 1502, __REL 2020 (LS), __THR 2005 (FA), __THR 3640 (FA)

☐ The Human-Animal Bond: __ENG 2430 (LS), __ENG/S D 3715 (LS), __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), __S W 2615

☐ Las Américas: __ANT 2300 (SS), __GHY 3014 (SS), __GLS 2020 (HS), __HIS 2301 (HS), __HIS 2302 (HS), __LLC 2040 (LS), __REL 3100, __WRC 2400 (FA)

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

☐ Social Relations Across Contexts: __COM 2121, __HIS 1120 (HS) __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.

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): __1 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/JHP 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)

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/JRC 3210, __3350 (HS), __3728 (HS)

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

Industrial Design (IND): __2012 (FA)

Interdisciplinary Studies (IDS): __IDS/WRC 2204, __3025, __3250

Interior Design (INT): __1300 (FA)

Japanese (JPN): __1050

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

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

Latin (LAT): __1050

Music (MUS): __2011 (FA), __2014 (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, __3000 (HS), __3013, __3015, __3020, __3200 (HS), __3550, __3600

Physics (PHY): __1600

Planning (PLN): __2410 (SS)

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

Portuguese (POR): __1050

Psychology (PSY): __1200 (SS), __3010

Public Health (P H): __2000 (SS)

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

Religious Studies (REL): __1010 (LS), __1100 (SS), __1110, __1115, __1120, __1700, __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), __2030 (FA), __2300 (FA), __2610 (FA), __3730 (FA)

Watauga Residential College (WRC): __1104 (6 s.h.) (Restricted to WRC students), __WRC/LLC 2030, __WRC/IDS 2204, __2403 (LS), __2405, __WRC/HIS 3210, __3401 (LS), __3403 (FA), __3665 (LS)