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.
**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), ANT 2420 (FA), WRC 2210 (LS), WRC 2300 (SS), WRC 3200 (FA), WRC 3300 (SS), WRC 3400 (FA), WRC 3500 (FA), WRC 3600 (FA), WRC 3700 (FA)
- **Appalachian Mountains: Community, Culture, and Land:** __A S/MUS 2016 (FA), A S 2200 (FA), A S/GES 2301, A S 2411 (SS), A S 3000, HIS 3726 (SS), 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 2210 (LS), WRC 2220 (HS), WRC 3000 (SS), WRC 3200 (FA), WRC 3300 (SS)
- **Expressions of Culture:** __COM 2124 (SS), DAN 2020 (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, HIS 3017 (SS), GLS 2000, HIS 1400 (HS), P S 2120
- **How We Know What We Know About the Past:** __ANT 1420 (SS), ANT 1425 (SS), GHY 3005 (SS), GES 1842, HIS 2312 (HS), HIS 2320 (HS), LLC 2045 (LS), PLN 3730 (SS)
- **How We Tell Stories:** __C I/TIC 2010, 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), W S 2615
- **Las Américas:** __ANT 2300 (SS), GHY 3014 (SS), GLS 3020 (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, GHY 3230 (SS), HIS 1120 (HS), PLN 3040 (SS), P SY 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 (ARB):** __2030 (FA), __2130 (FA)
- **Astronomy (AST):** __1050
- **Career and Technical Education (CTE):** __1500
- **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/HJP 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 (GW S):** __2600
- **Geography (GHY):** __1020 (SS), __1040 (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):** __IDS/WRC 2204, __3025, __3250
- **Interior Design (INT):** __1300 (FA)
- **Japanese (JPN):** __1050
- **Judaic, Holocaust, and Peace Studies (JHP):** __HJP/REL 2110 (HS), __HJP/ENG 3712 (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, __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), __1120, __1210, __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/WLC 2300, WRC/IDS 2204, __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.**