

NAME \_\_\_\_\_

**LBCC Graduation Worksheet 2008 - 2009**

ID. NO \_\_\_\_\_

**Associate of Science  
Exercise and Sport Science Emphasis**

**AS 4969**

**Instructions:** Use this Worksheet to track your progress toward graduation. You must be able to check off all the boxes on each page to receive this degree. The college catalog and your advisor are two resources you can turn to if you need help. When you are within two terms of completion, meet with your advisor and have him or her sign this form. You should apply for graduation one term prior to the term you and your advisor determine you will meet all the requirements for completion. **When you apply for graduation you must attach this form to your application. Your application is incomplete without this form signed by your advisor.**

**General Education Requirements Are Approved By The Admissions & Records Office**

**Writing I** Credits  
WR 121 English Composition .....3  \_\_\_\_\_

**Writing II**  
WR 122 English Composition: Argumentation .....3  \_\_\_\_\_

**Speech** (select one)  
SP 111 Fundamentals of Speech  
SP 112 Introduction to Persuasion  
SP 218 Interpersonal Communication .....3  \_\_\_\_\_

**Mathematics**  
MTH 105 Intro to Contemporary Math or higher .....4  \_\_\_\_\_

**Health & PE**  
PE 231 Lifetime Health & Fitness .....3  \_\_\_\_\_

**Perspectives** (no more than two courses with the same prefix may be used by a student to satisfy the Perspectives category)  
Physical Science (see catalog page 175) .....4  \_\_\_\_\_  
Biological Science (see catalog page 175) .....4  \_\_\_\_\_  
Biological or Physical Science (see catalog page 175) .....4  \_\_\_\_\_  
Cultural Diversity (see catalog page 175) .....3  \_\_\_\_\_  
Difference, Power & Discrimination (see catalog page 175) .....3  \_\_\_\_\_  
Literature and the Arts (see catalog page 175-176) .....3  \_\_\_\_\_  
Social Processes & Institutions (see catalog page 176) .....3  \_\_\_\_\_  
Western Culture (see catalog page 176) .....3  \_\_\_\_\_

*Even though the theme of a Biology Course may be different, a Biology Course number may only be used once to satisfy the graduation requirements.*

Degree Evaluator \_\_\_\_\_

Date \_\_\_\_\_

<b>FOR OFFICE USE ONLY</b>			
Credit Toward This Degree			
Total Cr _____	LBCC Cr _____	GPA _____	Approved <input type="checkbox"/> Denied <input type="checkbox"/>
_____ Registrar	_____ Date	AS 4969 HH	

## PROGRAM REQUIREMENTS

**Advisor Instructions:** This is the student's official record of their progress. The student must present this form to the Admissions Office when they apply for graduation. Please address each requirement by checking off completed courses, indicating which courses the student plans to take, and clearly documenting substitutions or waivers.

**PROGRAM REQUIREMENTS ARE APPROVED BY THE DEPARTMENT & ADVISOR. CHANGES MUST ALSO BE APPROVED BY DIVISION DIRECTOR OR DEAN**

		Credits	Waivers/ Substitutions	Advisor Initials	Date Approved
HE 225	Social & Individual Health Determinants.....	3	<input type="checkbox"/>		
HE 252	First Aid .....	3	<input type="checkbox"/>		
NFM 225	Nutrition .....	4	<input type="checkbox"/>		
PE 131	Intro to Health & Physical Education.....	3	<input type="checkbox"/>		
Select 34 credits from the following courses as electives					
BI 231	Human Anatomy & Physiology.....	5	<input type="checkbox"/>		
BI 232	Human Anatomy & Physiology.....	5	<input type="checkbox"/>		
BI 233	Human Anatomy & Physiology.....	5	<input type="checkbox"/>		
BI 234	Microbiology .....	4	<input type="checkbox"/>		
HE 125	Occupational Safety & Health.....	3	<input type="checkbox"/>		
HE 151	Drugs in Society.....	3	<input type="checkbox"/>		
HE 204	Exercise & Weight Management .....	3	<input type="checkbox"/>		
HE 205	Diet & Nutrition for Active Lifestyles .....	3	<input type="checkbox"/>		
HE 207	Stress Management.....	3	<input type="checkbox"/>		
HE 220	Introduction to Epidemiology & Health Data ..	3	<input type="checkbox"/>		
HE 253	AIDS & Sexually Transmitted Diseases .....	3	<input type="checkbox"/>		
HE 263	Psychosocial Dimensions of Health .....	3	<input type="checkbox"/>		
PE 280	CWE.....	3	<input type="checkbox"/>		
PSY 201	General Psychology .....	3	<input type="checkbox"/>		
SOC 204	General Sociology.....	3	<input type="checkbox"/>		

Admissions & Records will perform a final evaluation to ensure all courses have been completed with appropriate grades before this degree is awarded to the student. Requirements such as general education, total credits and grade point average must be approved by the Registrar.

DEPARTMENT ADVISOR  
Program requirements/proposed substitutions and waivers meet with my approval. Reasons for any changes are indicated on the appropriate line above.

DIVISION DIRECTOR or DEAN  
Changes and/or substitutions in the program requirements have my approval.

\_\_\_\_\_  
Program Advisor Signature                      Date

\_\_\_\_\_  
Division Director or Dean Signature                      Date