LBCC 2012 – 2013
Program Worksheet
Associate of Science
Exercise and Sport Science Emphasis
Advisor: Brad Carman

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, your advisor and Degree Runner accessed through your WEB Runner logon are 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 review your progress. You must apply for graduation one term prior to the term you and your advisor determine you will meet all the requirements for completion.

General Education Requirements

Writing

WR 121  English Composition........................3 □
WR 122  English Composition: Argument ....3 □

Communication/Speech (select one)

COMM 111 Fundamentals of Speech
COMM 112 Introduction to Persuasion
COMM 218 Interpersonal Communication .....3 □

Mathematics

MTH 112 Trigonometry (5) .........................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 Perspectives categories. See pages 186-188 for approved courses)

Physical Science CH 221 (5)............................4 □
Biological Science BI 212............................4 □
Biological or Physical Science PH 201 (5) ....4 □
Cultural Diversity ........................................3 □
Difference, Power & Discrimination..................3 □
Literature & the Arts TA 147...........................3 □
Social Processes & Institutions PSY 201 ........3 □
Western Culture  PHL 202 ................................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.

The following web page addresses will take you to graduation forms and graduation information/instructions:

http://www.linnbenton.edu/go/forms
Core Program Requirements

Substitutions and/or waivers must be submitted by your advisor online.

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 131</td>
<td>Intro to Health &amp; Physical Education</td>
<td>3</td>
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</table>

Choose one course

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CH 112</td>
<td>Chemistry for Health Occupations</td>
<td>5</td>
</tr>
<tr>
<td>CH 150</td>
<td>Preparatory Chemistry</td>
<td>3</td>
</tr>
</tbody>
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Select 44 credits, see page 64 in the current catalog for options............ 36 - 38