

## Declaring/Changing a Major, Minor, or Applied Minor

### Section A: Policies and Instructions

#### Declaring a Major:

1. Students are required to file a declaration of major at the Registrar's Office no later than the end of their fourth semester.
2. A late fee of \$25.00 will be charged if the petition is submitted after the deadline.
3. A declared major may be changed at any time up to the add/drop deadline of the student's final semester by submitting a new major declaration form.

#### Declaring a Minor:

1. Minors are optional programs, you are not required to have a minor to graduate.
2. The deadline for declaring a minor is the 5th day of classes of the spring semester of the senior year.
3. Students must declare their Major Field of concentration before declaring a minor.

#### Declaring an Applied Minor:

1. Applied minors are optional programs, they are not required for graduation.
2. The deadline for declaring an applied minor is the 5th day of classes of the spring semester of the senior.

Progress towards completion of a major, a minor, and an applied minor will be tracked in DegreeWorks.

Complete Section B below and the relevant program section. Next to each requirement, indicate which semester (e.g. Fall 2023) you have taken or will take that course.

Your form must be signed by the Department/Program and your academic advisor (must be in your field of study for your major).

### Section B: Student Information

Student Name \_\_\_\_\_ ID# \_\_\_\_\_

Email \_\_\_\_\_ Date \_\_\_\_\_

Planned Date of Graduation: May \_\_\_\_\_ December \_\_\_\_\_ Year: \_\_\_\_\_

Select one:

- \_\_\_\_\_ I wish to declare my primary Major
- \_\_\_\_\_ I wish to declare a Minor
- \_\_\_\_\_ I wish to declare a second Major
- \_\_\_\_\_ I wish to declare an Applied Minor
- \_\_\_\_\_ I wish to change my Major

# Exercise, Sports, & Health Studies

Use this form to declare a major in [Exercise, Sports, & Health Studies](#).

Program [Exercise, Sports, & Health Studies](#)

## Declaration/Change of Major

### Bachelor of Arts

To earn a Bachelor of Arts in Exercise, Sports, & Health Studies, you'll complete seven (7) courses within the major core, an internship, and an additional 5 to 6 courses within your desired concentration.

#### Core requirements

Take all of the following courses:

Course Code	Course Title	Credit Hours	Semester
<input type="checkbox"/> ESHS 120	Functional Anatomy	3	
<input type="checkbox"/> ESHS 199	Fundamentals of Exercise Science	3	
<input type="checkbox"/> CHEM 111	Principles of Chemistry	4	
<input type="checkbox"/> BIOL 251	Intro to Nutrition Science	3	
<input type="checkbox"/> EPIC 171	Professional Foundations	1	
<input type="checkbox"/> ESHS 463	Internship, Externship, and Field Experiences	0-3	
<input type="checkbox"/> ESHS 488	Senior Capstone	3	

One of the following Statistics courses:

Course Code	Course Title	Credit Hours	Semester
<input type="checkbox"/> MATH 120	Fundamentals of Statistics	3	
<input type="checkbox"/> PSYC 245	Research Methods & Statistics	4	

One of the following Ethics courses:

Note that for the *Health & Wellness* concentration you must select a WI ethics course unless you take ART/MUSE 347 (The Body in Modern & Contemporary Art); you must select a WI ethics course for the *Leadership & Sports* concentration.

Course Code	Course Title	Credit Hours	Semester
<input type="checkbox"/> BUS 370	Business Ethics	3	
<input type="checkbox"/> CS 375	Cyberethics in the Current Age	3	
<input type="checkbox"/> ENSU 323	Environmental Ethics	4	

<input type="checkbox"/>	ENSU 363	Bioethics	4
<input type="checkbox"/>	HIST 215	Holocaust: Historical, Religious & Ethical Issues	3
<input type="checkbox"/>	REL 312	Buddhist Ethics	4

### Concentrations

You may choose from one of these three (3) concentrations listed below to focus your studies.

### Leadership & Sports

Take all of the following:

Course Code	Course Title	Credit Hours	Semester
<input type="checkbox"/>	BUS 203	Organizational Behavior	3
<input type="checkbox"/>	BUS 342	Leadership and Dealing with Differences	3
<input type="checkbox"/>	ESHS 325	Sports Medicine	3
<input type="checkbox"/>	PSYC 372	Psychology of Sport	3

Take one of the following Leadership & Sports courses:

Course Code	Course Title	Credit Hours	Semester
<input type="checkbox"/>	BUS 312	Leadership and Change	3
<input type="checkbox"/>	One upper-level Business course	3	

### Exercise & Human Movement

Take all of the following:

Course Code	Course Title	Credit Hours	Semester
<input type="checkbox"/>	BIOL 112	Cells, Genes & Inheritance	4
<input type="checkbox"/>	BIOL 341	Cell Physiology	4
<input type="checkbox"/>	BIOL 345	A&P I: Nervous and Endocrine Systems	4
<input type="checkbox"/>	ESHS 342	Kinesiology	3
<input type="checkbox"/>	Exercise Physiology*	4	

Take one of the following courses:

Course Code	Course Title	Credit Hours	Semester
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<input type="checkbox"/>	BIOL 347	Anatomy and Physiology II: Cardiovascular, Respiratory, Renal and Digestive	4
<input type="checkbox"/>	ESHS 325	Sports Medicine	3
<input type="checkbox"/>	PHYS 125	Matter in Motion (with Calculus)	4
<input type="checkbox"/>	PSYC 116	Behavior, Health Care & Society	4

## Health & Wellness

Take all of the following courses:

Course Code	Course Title	Credit Hours	Semester
<input type="checkbox"/>	PSYC 116	Behavior, Health Care & Society	4
<input type="checkbox"/>	ESHS 325	Sports Medicine	3
<input type="checkbox"/>	PBH 101	Introduction to Public Health	3
<input type="checkbox"/>	PSYC 374	Introduction to Counseling	3

Take one of the following courses:

Course Code	Course Title	Credit Hours	Semester
<input type="checkbox"/>	ANCS 243	Life, Death, & Healing in the Ancient World	3
<input type="checkbox"/>	ART 347	The Body in Modern & Contemporary Art	4
<input type="checkbox"/>	BIOL 200	Epidemiology	3
<input type="checkbox"/>	PSYC 376	Health Psychology	3
<input type="checkbox"/>	REL 151	Science, Medicine, & Religion	3
<input type="checkbox"/>	SOAN 240	Sophomore Seminar	3
<input type="checkbox"/>	SOAN 333	Medical Anthropology & Global Health	3
<input type="checkbox"/>	SOAN 335	Health, Medicine & Society	4

This student is hereby approved to pursue an ESHS major in accordance to the above plans.

Academic advisor

Date

Department/Program Convener

Date

This completed form must be emailed to [registrar@earlham.edu](mailto:registrar@earlham.edu) for processing. Your adviser and the Department/Program Convener must be copied on the email.

Registrar

Date