

Cedar Crest College's Four-Year Graduation (4YG) Guarantee is open to all academically qualified candidates enrolled full-time in a 4-year bachelor's degree program, with the exception of Nuclear Medicine Technology. It does not apply to dual degree, fifth-year, or graduate programs. Provided students comply with all of the conditions of the program, Cedar Crest College will guarantee graduation within four years. The guarantee extends to one major only. While many students add additional majors and minors and finish within four years, Cedar Crest will not be able to provide four year guarantee in those cases.

**Conditions**

By signing below, \_\_\_\_\_ is enrolled in the 4YG program for the Exercise Science major under the 2019-2020 catalog requirements and agrees to

- assume ultimate responsibility for monitoring academic progress and the completion of all academic requirements;
- enroll at Cedar Crest for four continuous academic years;
- remain in good academic standing;
- complete an average of 30 new credits in each academic year. Courses must be selected in consultation with her academic advisor and 4YG coordinator and must apply to the recommended course sequence on page 2;
- maintain the GPA requirements of the Exercise Science major and Liberal Arts Curriculum;
- meet regularly with her assigned academic advisor and 4YG coordinator following the schedule outlined below;
- resolve all outstanding holds that would prevent registration prior to the start of registration for each semester;
- register for classes each semester on the date appropriate for class standing as set forth by the Registrar;
- be responsive to communication from Cedar Crest College, including advisors and the 4YG coordinator;
- officially declare an Exercise Science major by the completion of 30 credits. If a change of major is requested after 30 credits, the ability to sign a new 4YG contract is not guaranteed.
- complete the following and all other Exercise Science major requirements:
  - Earn a C- or better in all courses taken for major requirements.
  - Maintain a minimum 2.0 cumulative GPA.
  - Begin the HLT 101, 201, 301, and 302 sequence no later than fall of the junior year.
  - Abide by all other departmental policies and successfully meet all other graduation requirements.

The 4YG does not guarantee that courses will be offered at a particular time or on particular days, nor can it assure graduation in four years if accreditation agencies require immediate curricular changes. This agreement pertains only to the catalog specified; if major requirements change and the student elects to follow the newer requirements, this contract is void.

If a student meets all of the degree/program requirements but cannot graduate in four years because a course or courses are not available, the student will meet with her advisor as soon as the problem is discovered to discuss options for completion. These options could include a course substitution, an independent study, or permission to enroll in the course in a subsequent semester at no tuition cost to the student.

**Required Meeting Schedule:**

|                       | <b>Semester 1</b>                    | <b>Semester 2</b>                    | <b>Semester 3</b>                    | <b>Semester 4</b>                    |
|-----------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| Beginning of Semester | ____ Advisor<br>____ 4YG Coordinator | ____ Advisor<br>____ 4YG Coordinator | ____ Advisor<br>____ 4YG Coordinator | ____ Advisor<br>____ 4YG Coordinator |
| Prior to registration | ____ Advisor<br>____ 4YG Coordinator | ____ Advisor<br>____ 4YG Coordinator | ____ Advisor<br>____ 4YG Coordinator | ____ Advisor<br>____ 4YG Coordinator |
|                       | <b>Semester 5</b>                    | <b>Semester 6</b>                    | <b>Semester 7</b>                    | <b>Semester 8</b>                    |
| Beginning of Semester | ____ Advisor<br>____ 4YG Coordinator | ____ Advisor<br>____ 4YG Coordinator | ____ Advisor<br>____ 4YG Coordinator | ____ Advisor<br>____ 4YG Coordinator |
| Prior to registration | ____ Advisor<br>____ 4YG Coordinator | ____ Advisor<br>____ 4YG Coordinator | ____ Advisor<br>____ 4YG Coordinator | ____ Advisor<br>____ 4YG Coordinator |

I agree to the stipulations set forth in this agreement.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
ID Number

\_\_\_\_\_  
Entry Term

\_\_\_\_\_  
Advisor Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
4YG Coordinator Signature

\_\_\_\_\_  
Date

| Course    | Cr  | Title                                  | ✓ |
|-----------|-----|--|---|
| HLT 101   | 1   | Introduction to the Health Professions |   |
| PSY 100   | 3   | General Psychology                     |   |
| _____     | 3   | Art LAC course                         |   |
| _____     | 3   | Exercise Science elective*             |   |
| FYS _____ | 3   | First Year Seminar                     |   |
| CCC 101   | 0.5 | College Life                           |   |
| EXS 100   | 3   | Introduction to Exercise Science       |   |

**FALL 2020**

| Course  | Cr | Title                              | ✓ |
|---------|----|------------------------------------|---|
| HLT 201 | 1  | Health Professions II              |   |
| BIO 117 | 4  | Human Anatomy and Physiology I     |   |
| _____   | 3  | MAT 110 Probability and Statistics |   |
| ETL 235 | 3  | Ethical Life                       |   |
| _____   | 3  | Exercise Science elective*         |   |

**FALL 2021**

| Course  | Cr | Title                                | ✓ |
|---------|----|--------------------------------------|---|
| EXS 200 | 4  | Exercise Physiology I                |   |
| EXS 201 | 3  | Research Methods in Exercise Science |   |
| BUA 211 | 3  | Introduction to Health Care Systems  |   |
| _____   | 3  | Writing II LAC course                |   |
| _____   | 3  | Mathematics and Logic LAC course     |   |

**FALL 2022**

| Course | Cr | Title                 | ✓ |
|--------|----|-----------------------|---|
| _____  | 3  | Art LAC course        |   |
| _____  | 3  | Humanities LAC course |   |
| _____  | 3  | Elective**            |   |
| _____  | 3  | Elective**            |   |
| _____  | 3  | Elective**            |   |

**SPRING 2020**

| Course  | Cr  | Title                 | ✓ |
|---------|-----|-----------------------|---|
| PSY 210 | 3   | Lifespan Development  |   |
| _____   | 3   | Humanities LAC course |   |
| WRI 100 | 3   | College Writing       |   |
| CCC 102 | 0.5 | Exploring Your Future |   |
| _____   | 3   | Elective**            |   |
| EXS 202 | 3   | Kinesiology           |   |

**SPRING 2021**

| Course  | Cr | Title                           | ✓ |
|---------|----|---------------------------------|---|
| BIO 118 | 4  | Human Anatomy and Physiology II |   |
| HLT 104 | 3  | Nutrition for Healthy Living    |   |
| _____   | 3  | Exercise Science elective*      |   |
| NTR 113 | 1  | Nutrition & Fitness             |   |
| CCC 201 | 3  | Sophomore Expedition            |   |

**SPRING 2022**

| Course  | Cr | Title                                | ✓ |
|---------|----|--------------------------------------|---|
| EXS 300 | 4  | Exercise Physiology II               |   |
| EXS 203 | 3  | Prevention & Care of Injury          |   |
| HLT 301 | 1  | Health Professions III               |   |
| EXS 301 | 3  | Seminar in Exercise Science elective |   |
| _____   | 3  | Elective**                           |   |

**SPRING 2023**

| Course  | Cr | Title                             | ✓ |
|---------|----|-----------------------------------|---|
| EXS 302 | 4  | Exercise Testing and Prescription |   |
| HLT 302 | 3  | Health Sciences Capstone          |   |
| _____   | 3  | Elective**                        |   |
| _____   | 3  | Elective**                        |   |
| _____   | 3  | Elective**                        |   |

\* Choose 3 courses from BIO, CHE, EXS, HLT, NTR, PHY or PSY with advisor approval.

\*\* Electives must be included to ensure that the overall total number of credits reaches the 120 credits needed to complete a degree.

## Liberal Arts Curriculum (LAC) and College-Wide Requirements

|  |
|--|
| <b>Natural Science (SCI):</b> 7 cr. total, one must be a lab-based course  |
| 1. BIO 117   |
| 2. BIO 118   |
| <b>Arts (ART):</b> 6 cr. total, one must be a 3 cr. course                 |
| 1. _____   |
| 2. _____   |
| <b>Mathematics &amp; Logic (ML):</b> 6 cr. total, one must be a MAT course |
| 1. MAT 110   |
| 2. _____   |
| <b>Ethics (ETH):</b> 1 course, 3 cr.                                       |
| 1. ETL 235   |
| <b>Technology:</b>   |
| 1. HLT 101, 201, 301, and 302  |
| <b>Oral Presentation:</b>  |
| 1. HLT 101, 201, 301, and 302  |

|   |
|---|
| <b>Writing (WRI1, WRI2):</b> 2 courses, 6 cr. total |
| 1. WRI 100  |
| 2. _____  |
| <b>Humanities (HUM):</b> 2 courses, 6 cr. total     |
| 1. _____  |
| 2. _____  |
| <b>Social Science (SS):</b> 2 courses, 6 cr. total  |
| 1. PSY 100  |
| 2. PSY 210  |
| <b>Global Studies (GS):</b> 1 course, 3 cr.         |
| 1. CCC 201  |
| <b>Information Literacy:</b>                        |
| 1. HLT 101, 201, 301, and 302                       |