**EXS: Non-Exercise Science Required Courses**

Transfer Credit Equivalents, FAQs, and Program Information can be found [here](#).

### Composition
1. **ENG 100** (College Writing and Reading I, Global Emphasis)
2. **ENG 200** (College Writing and Reading II, Global Emphasis)
   - Or the equivalent course [requirements](#).

### Lifetime Wellness
1. **PED 101** (Physical Activity and Wellness)
   - UNCW’s **PED 101** includes both physical activity and wellness.
   - This course can potentially be waived if you are over 55 years of age, or if you have military service that included Basic Training.

### Mathematics and Statistics
1. **MAT 111** (College Algebra), OR one of the following: MAT 112, MAT 115, MAT 151, MAT 161

### Foreign Language (Proficiency at 201 level or higher. You may have previous foreign language courses and/or high school courses, but UNCW requires that you get to a certain proficiency level - not just a certain number of courses)
1. **SPN 120** (Fundamentals of Spanish)
2. **SPN 201** (Intermediate Spanish I)
3. Or the equivalent course [requirements](#).

### Aesthetic, Interpretive, and Literary Perspectives
1. **ENG 110** (Introduction to Literature)
2. **THR 121** (Introduction to Theatre)
3. Or the equivalent course [requirements](#).

### Historical and Philosophical Approaches
1. **HST 105** (American History: United States), OR the equivalent course [requirements](#).
2. **PAR 215** (Bioethics), OR PAR 101, 115, 205, 211

### Scientific Approaches to the Natural World
1. **BIO 201** (Principles of Biology: Cells)
2. **CHM 101** (General Chemistry)

### Understanding Human Institutions and Behaviors
1. **PSY 105** (Introductory Psychology)
2. **ECN 125** (Survey of Economics), OR ECN 221, OR SOC 105

### EXS Biology Requirement
1. **BIO 240** (Human Anatomy and Physiology I)
2. **BIO 241** (Human Anatomy and Physiology II)

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