The Appalachian State University Board of Trustees is a thirteen-member body that promotes the development of the institution within the functions prescribed by the Board of Governors. The board serves as advisor to the Board of Governors on matters pertaining to the University and also serves as advisor to the chancellor concerning the management and development of Appalachian. The powers and duties of the Board of Trustees are primarily defined and delegated by the Board of Governors.

Individuals are appointed to four-year terms on the board by either the governor of North Carolina or the UNC Board of Governors. Included as a voting member of the board is the president of Appalachian's Student Government Association. The presidents of Appalachian’s Alumni Council, Faculty Senate and Staff Council serve as ex officio members of the board.