

EXERCISE SCIENCE, B.S.

Learning Outcomes

- Students will describe the relationship among behavior, physical activity, functional capacity, and health and disease across the life span.
- Students will explain the connections between anatomical structures, physiological, and cellular mechanisms of exercise.
- Students will use scientific inquiry skills to understand research on exercise science and public health issues.
- Students will conduct disease risk factor screening, physical fitness assessments, and clinical exercise testing.
- Students will explain factors related to optimal motor skill function related to physical activity and exercise.
- Students will demonstrate proficient reasoning and critical thinking including the ability to analyze, synthesize, and evaluate information to make sound decisions and solve problems as they apply to exercise science and health.

Admission Requirements

Incoming freshmen who meet University of South Carolina admissions standards are eligible for admission to the degree programs offered by the Arnold School of Public Health. Transfer admission requires school approval as well as prerequisite conditions detailed with the specific programs.

Degree Requirements (120 hours)

See Arnold School of Public Health (<https://academicbulletins.sc.edu/archives/2020-2021/undergraduate/public-health/>) for progression requirements and other regulations.

Program of Study

Requirements	Credit Hours
1. Carolina Core	32-44
2. College Requirements	12-15
3. Program Requirements	36-51
4. Major Requirements	25

1. Carolina Core Requirements (32-44 hours)

CMW – Effective, Engaged, and Persuasive Communication: Written (6 hours)

must be passed with a grade of C or higher

- ENGL 101
- ENGL 102

ARP – Analytical Reasoning and Problem Solving (6-7 hours)

must be passed with a grade of C or higher

- MATH 122 or MATH 141
- STAT 201 or STAT 205

SCI – Scientific Literacy (8 hours)

must be passed with a grade of C or higher

- BIOL 101
- BIOL 101L
- BIOL 102
- BIOL 102L

GFL – Global Citizenship and Multicultural Understanding: Foreign Language (0-6 hours)

Students shall demonstrate in one foreign language the ability to comprehend the topic and main ideas in written and, with the exception of Latin and Ancient Greek, spoken texts on familiar subjects. This ability can be demonstrated by achieving a score of two or better on a USC foreign language test. Those failing to do so must satisfactorily complete equivalent study of foreign language at USC.

- CC-GFL courses (<https://academicbulletins.sc.edu/archives/2020-2021/undergraduate/carolina-core-courses/>)

GHS – Global Citizenship and Multicultural Understanding: Historical Thinking (3 hours)

- any CC-GHS course (<https://academicbulletins.sc.edu/archives/2020-2021/undergraduate/carolina-core-courses/>)

GSS – Global Citizenship and Multicultural Understanding: Social Sciences (3 hours)

must be passed with a grade of C or higher

- PSYC 101

AIU – Aesthetic and Interpretive Understanding (3 hours)

- any CC-AIU course (<https://academicbulletins.sc.edu/archives/2020-2021/undergraduate/carolina-core-courses/>)

CMS – Effective, Engaged, and Persuasive Communication: Spoken Component ¹ (0-3 hours)

- any overlay or stand-alone CC-CMS course (<https://academicbulletins.sc.edu/archives/2020-2021/undergraduate/carolina-core-courses/>)

INF – Information Literacy ¹ (0-3 hours)

- any overlay or stand-alone CC-INF course (<https://academicbulletins.sc.edu/archives/2020-2021/undergraduate/carolina-core-courses/>)

VSR – Values, Ethics, and Social Responsibility ¹ (0-3 hours)

- any overlay or stand-alone CC-VSR course (<https://academicbulletins.sc.edu/archives/2020-2021/undergraduate/carolina-core-courses/>)

1 Carolina Core Stand Alone or Overlay Eligible

Requirements — Overlay-approved courses offer students the option of meeting two Carolina Core components in a single course. A maximum of two overlays is allowed. The total Carolina Core credit hours must add up to a minimum of 31 hours. At least one of these requirements must be satisfied by a course not applied elsewhere in general education. (3-9 Hours)

2. College Requirements (12-15 hours)

must be passed with a grade of C or higher

Course	Title	Credits
EPID 410	Principles of Epidemiology	3
EXSC 191	Physical Activity and Health	3
PUBH 302	Introduction to Public Health	3
SOCY 101	Introductory Sociology	3
UNIV 101	The Student in the University (transfer students are not required to take this course)	3
Total Credit Hours		15

3. Program Requirements (36-51 hours)**Supporting Courses (12 hours)**

Course	Title	Credits
CHEM 111	General Chemistry I	3
CHEM 111L	General Chemistry I Lab	1
PHYS 201	General Physics I	3
PHYS 201L	General Physics Laboratory I	1
Select one of the following:		4
CHEM 112 & 112L	General Chemistry II and General Chemistry II Lab	
PHYS 202 & 202L	General Physics II and General Physics Laboratory II	
Total Credit Hours		12

Exercise Science Cognate (12 hours)

Must be passed with a grade of C or higher.

Each student must complete an EXSC cognate of 12 credit hours. The cognate is intended to support the course work in the major and enhance the student's area of interest. EXSC cognate courses will be selected from EXSC courses that are 300 level and above. EXSC core requirement courses may not count towards the cognate. All EXSC cognate courses must be approved by the student's academic advisor.

Cognate (12 hours)

Must be passed with a grade of C or higher.

Each student must complete a cognate of 12 credit hours. The cognate is intended to support the course work in the major. Depending on students interests, cognate courses may be selected from one or several units. A cognate differs from a minor in that the courses must be 300-level or above and may be distributed over more than one subject area. Courses applied toward minimum Carolina Core requirements, EXSC core courses, or EXSC cognate courses cannot be counted toward the cognate. All cognate courses must be approved by the student's academic advisor.

Courses offered by departments and programs that are acceptable for cognate credit are outlined here (<https://academicbulletins.sc.edu/>

[archives/2020-2021/undergraduate/public-health/courses-acceptable-cognate/](#)).

Minor (18 hours) optional

Students majoring in Exercise Science may pursue minors offered by other units. In completing a minor, students may apply advisor-approved courses to both the minor and cognate, or elective requirements.

Electives (0-15 hours)

Students in Exercise Science must complete a minimum of 120 credit hours. Depending on specific course choices, students must complete an appropriate number of elective courses.

4. Major Requirements (25 hours)

A minimum grade of C is required in all major courses.

Course	Title	Credits
EXSC 223	Anatomy and Physiology I	3
EXSC 223L	Anatomy and Physiology I Laboratory	1
EXSC 224	Anatomy and Physiology II	3
EXSC 224L	Anatomy and Physiology II Lab	1
EXSC 330	Exercise Physiology	3
EXSC 330L	Exercise Physiology Lab	1
EXSC 335	Biomechanics of Human Movement	3
or EXSC 410	Psychology of Physical Activity	
EXSC 351	Acquisition of Motor Skills	3
EXSC 401	Practicum Preparation	1
EXSC 444	Exercise Science Practicum	6
Total Credit Hours		25

Major Map

A major map is a layout of required courses in a given program of study, including critical courses and suggested course sequences to ensure a clear path to graduation.

Major maps are only a suggested or recommended sequence of courses required in a program of study. Please contact your academic advisor for assistance in the application of specific coursework to a program of study and course selection and planning for upcoming semesters.

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