

# EXERCISE SCIENCE, B.S.

## Degree Requirements (120 hours)

See Arnold School of Public Health (<https://academicbulletins.sc.edu/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           |

### Founding Documents Requirement

All undergraduate students must take a 3-credit course or its equivalent with a passing grade in the subject areas of History, Political Science, or African American Studies that covers the founding documents including the United State Constitution, the Declaration of Independence, the Emancipation Proclamation and one or more documents that are foundational to the African American Freedom struggle, and a minimum of five essays from the Federalist papers. This course may count as a requirement in any part of the program of study including the Carolina Core, the major, minor or cognate, or as a general elective. Courses that meet this requirement are listed here (<https://academicbulletins.sc.edu/undergraduate/founding-document-courses/>).

## 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/undergraduate/carolina-core-courses/>)

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

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

### CMS – Effective, Engaged, and Persuasive Communication: Spoken Component <sup>1</sup> (0-3 hours)

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

### INF – Information Literacy <sup>1</sup> (0-3 hours)

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

### VSR – Values, Ethics, and Social Responsibility <sup>1</sup> (0-3 hours)

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

<sup>1</sup> **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)

*must be passed with a grade of C or higher*

## 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 |           |
| <b>Total Credit Hours</b>    |  | <b>12</b> |

|                           |                                 |           |
|---------------------------|---------------------------------|-----------|
| 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         |
| <b>Total Credit Hours</b> |                                 | <b>25</b> |

## 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/undergraduate/public-health/courses-acceptable-cognate-exercise-science/>).

## 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       |