This course plan is a recommended sequence for this major. Courses designated as critical (!) may have a deadline for completion and/or affect time to graduation. Please see the Program Notes section for details regarding “critical courses” for this particular Program of Study.

<table>
<thead>
<tr>
<th>Critical</th>
<th>Course Subject and Title</th>
<th>Credit Hours</th>
<th>Min. Grade</th>
<th>Major GPA</th>
<th>Code</th>
<th>Prerequisites</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semester One (15-16 Credit Hours)</td>
<td>ENGL 101 Critical Reading and Composition</td>
<td>3</td>
<td>C</td>
<td>CC-CMW</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>MATH 122 Calculus for Bus. Admin. &amp; Soc. Sci. or MATH 141 Calculus I¹</td>
<td>3</td>
<td>C</td>
<td>CC-ARP</td>
<td>MATH 111/111/115 (MATH 122); MATH 112/115/116 (MATH 141); or Math placement test score</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PSYC 101 Introduction to Psychology</td>
<td>3</td>
<td>C</td>
<td></td>
<td>CC-GSS</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>BIOL 101 &amp; Lab – Biological Principles I</td>
<td>4</td>
<td>C</td>
<td></td>
<td>CC-SCI</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>UNIV 101 The Student in the University</td>
<td>3</td>
<td>C</td>
<td></td>
<td>CR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Semester Two (17 Credit Hours)</td>
<td>ENGL 102 Rhetoric and Composition</td>
<td>3</td>
<td>C</td>
<td>CC-CMW</td>
<td>C or better in ENGL 101</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>BIOL 102 &amp; 102L Biological Principles II</td>
<td>4</td>
<td>C</td>
<td></td>
<td>CC-SCI</td>
<td>BIOL 101 &amp; Lab</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CHEM 111 &amp; 111L General Chemistry I</td>
<td>4</td>
<td>C</td>
<td></td>
<td>PR</td>
<td>MATH 111</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SOCY 101 Introductory Sociology</td>
<td>3</td>
<td>C</td>
<td></td>
<td>CR</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Carolina Core Requirement²</td>
<td>3</td>
<td>C</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Semester Three (17-18 Credit Hours)</td>
<td>PUBH 102 Introduction to Public Health</td>
<td>3</td>
<td>C</td>
<td></td>
<td>CR</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>EXSC 191 Physical Activity and Health</td>
<td>3</td>
<td>C</td>
<td></td>
<td>MR</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>EXSC 223 &amp; 223L Anatomy &amp; Physiology I</td>
<td>4</td>
<td>C</td>
<td></td>
<td>MR</td>
<td>ENGL 102, BIOL 102, CHEM 111, MATH 122</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PHYS 201 &amp; 201L General Physics I</td>
<td>4</td>
<td>C</td>
<td></td>
<td>PR</td>
<td>MATH 115 or 122</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Foreign language³ or other Carolina Core Requirement⁴</td>
<td>3-4</td>
<td></td>
<td></td>
<td>CC-GFL</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Semester Four (17 Credit Hours)</td>
<td>EXSC 224 &amp; 224L Anatomy &amp; Physiology II</td>
<td>4</td>
<td>C</td>
<td></td>
<td>MR</td>
<td>C or better in EXSC 223 &amp; 223L</td>
<td></td>
</tr>
<tr>
<td></td>
<td>STAT 201 Elementary Statistics or STAT 205 Elem. Stats. for the Bio. &amp; Life Sci.</td>
<td>3</td>
<td>C</td>
<td></td>
<td>CC-ARP</td>
<td>MATH 111 or Math Placement Test Score</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CHEM 112 &amp; 112L General Chemistry II or PHYS 202 &amp; 202L General Physics II</td>
<td>4</td>
<td>C</td>
<td></td>
<td>PR</td>
<td>CHEM 111 or 141 &amp; MATH 111, 115 or higher math; Prereq or Coreq: MATH 122, 141 or higher &amp; CHEM 112L (CHEM 112); PHYS 201 (PHYS 202)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cognate Course⁶ (300-level or above)</td>
<td>3</td>
<td>C</td>
<td></td>
<td>PR</td>
<td>See course listing in Bulletin.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Foreign language³ or other Carolina Core Requirement⁴</td>
<td>3</td>
<td></td>
<td></td>
<td>CC-GFL</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Semester Five (16 Credit Hours)</td>
<td>EXSC 351 Acquisition of Motor Skills</td>
<td>3</td>
<td>C</td>
<td></td>
<td>MR</td>
<td>EXSC 223 &amp; 224</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EXSC 530 &amp; 530L The Phys. of Muscular Activity</td>
<td>4</td>
<td>C</td>
<td></td>
<td>MR</td>
<td>EXSC 223 &amp; 224</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cognate Course⁶ (300-level or above)</td>
<td>3</td>
<td>C</td>
<td></td>
<td>PR</td>
<td>See course listing in Bulletin.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cognate Course⁶ (300-level or above)</td>
<td>3</td>
<td>C</td>
<td></td>
<td>PR</td>
<td>See course listing in Bulletin.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Carolina Core Requirement⁴ or Approved Elective⁷</td>
<td>3</td>
<td></td>
<td></td>
<td>CC/PR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Semester Six (12 Credit Hours)</td>
<td>EXSC Cognate Course⁶ (300-level or above)</td>
<td>3</td>
<td>C</td>
<td></td>
<td>PR</td>
<td>See course listing in Bulletin.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EXSC Cognate Course⁶ (300-level or above)</td>
<td>3</td>
<td>C</td>
<td></td>
<td>PR</td>
<td>See course listing in Bulletin.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Carolina Core Requirement⁴ or Approved Elective⁷</td>
<td>3</td>
<td></td>
<td></td>
<td>CC/PR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Semester Seven (13 Credit Hours)</td>
<td>EXSC 401 Practicum Preparation</td>
<td>1</td>
<td>C</td>
<td></td>
<td>MR</td>
<td>EXSC 530</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EPID 410 Principles of Epidemiology</td>
<td>3</td>
<td>C</td>
<td></td>
<td>MR</td>
<td>PUBH 102; Prereq or Coreq: STAT 201, 205 or BIOS 410</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EXSC Cognate Course⁶ (300-level or above)</td>
<td>3</td>
<td>C</td>
<td></td>
<td>PR</td>
<td>See course listing in Bulletin.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Carolina Core Requirement⁴ or Approved Elective⁷</td>
<td>3</td>
<td></td>
<td></td>
<td>CC/PR</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Carolina Core Requirement⁴ or Approved Elective⁷</td>
<td>3</td>
<td></td>
<td></td>
<td>CC/PR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Semester Eight (12 Credit Hours)</td>
<td>EXSC 444 Exercise Science Practicum</td>
<td>6</td>
<td>C</td>
<td></td>
<td>MR</td>
<td>EXSC 401</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EXSC Cognate Course⁶ (300-level or above)</td>
<td>3</td>
<td>C</td>
<td></td>
<td>PR</td>
<td>See course listing in Bulletin.</td>
<td></td>
</tr>
</tbody>
</table>

¹ MATH 122 Calculus for Bus. Admin. & Soc. Sci. or MATH 141 Calculus I
² Carolina Core Requirement
³ Foreign language
⁴ Other Carolina Core Requirement
⁵ Approval Elective
Graduation Requirements Summary

<table>
<thead>
<tr>
<th>Minimum Total Hours</th>
<th>Major Requirements Hours</th>
<th>College &amp; Program Requirements Hours</th>
<th>Carolina Core Hours</th>
<th>Minimum Overall GPA</th>
</tr>
</thead>
<tbody>
<tr>
<td>120</td>
<td>28</td>
<td>48-60</td>
<td>32-44</td>
<td>2.000</td>
</tr>
</tbody>
</table>

1. Regardless of individual course grades, students must maintain a minimum 2.000 cumulative GPA.
2. Some colleges require a minimum GPA for major courses. Courses indicated in this column are included in the major GPA for this program of study.
3. Students who do not place into MATH 122 or 141 must complete the required prerequisite before proceeding with MATH 122 or 141.
4. The Carolina Core provides the common core of knowledge, skill and academic experience for all Carolina undergraduate students.
5. Students in the Arnold School of Public Health are required to demonstrate proficiency in one foreign language equivalent to the 110 course through course credit or the corresponding foreign language placement score.
6. Each student must complete a cognate of 12 credit hours each. The cognate is intended to support the course work in the major. Depending on student interests, cognate courses may be selected from one or several units. Courses applied toward Carolina Core requirements, EXSC major courses, or EXSC cognate courses cannot be counted toward the cognate. All cognate courses must be approved by the student's academic advisor.
7. Students in Public Health must complete a minimum of 120 credit hours. Depending on specific course choices, students must complete an appropriate number of elective courses.
8. 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 major requirement courses may not count towards the cognate. All EXSC cognate courses must be approved by the student’s academic advisor.

Program Notes:
• 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. Courses applied as college requirements may also be used in the minor.
• The last 30 credit hours toward your degree must be earned in residence at the University of South Carolina-Columbia.

University Requirements: Bachelor's degree-seeking students must meet Carolina Core (general education) requirements. For more information regarding these requirements, please visit the Carolina Core page on the University website.

<table>
<thead>
<tr>
<th>Codes</th>
<th>Carolina Core/Course Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>CC</td>
<td>Carolina Core</td>
</tr>
<tr>
<td>CC-AIU</td>
<td>Carolina Core-Aesthetic and Interpretive Understanding</td>
</tr>
<tr>
<td>CC-ARP</td>
<td>Carolina Core-Analytical Reasoning and Problem-Solving</td>
</tr>
<tr>
<td>CC-CMS</td>
<td>Carolina Core-Effective, Engaged, and Persuasive Communication: Spoken Component</td>
</tr>
<tr>
<td>CC-CMW</td>
<td>Effective, Engaged, and Persuasive Communication: Written Component</td>
</tr>
<tr>
<td>CC-GFL</td>
<td>Carolina Core-Global Citizenship and Multicultural Understanding: Foreign Language</td>
</tr>
<tr>
<td>CC-GHS</td>
<td>Carolina Core – Historical Thinking</td>
</tr>
<tr>
<td>CC-GSS</td>
<td>Carolina Core – Social Sciences</td>
</tr>
</tbody>
</table>

Disclaimer: 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.