



## Program of Study

### Degree Requirements (120 hours)

#### 1. **Carolina Core (32-44 hours)**

- a. **CMW** (6 hours) –*must be passed with a grade of C or higher*
  - i. ENGL 101 - Critical Reading and Composition
  - ii. ENGL 102 - Rhetoric and Composition
- b. **ARP** (6-7 hours) –*must be passed with a grade of C or higher*
  - i. MATH 122 - Calculus for Business Administration and Social Sciences *or* MATH 141 - Calculus I
  - ii. STAT 201 - Elementary Statistics *or* STAT 205 - Elementary Statistics for the Biological and Life Sciences
- c. **SCI** (8 hours) –*must be passed with a grade of C or higher*
  - i. BIOL 101 - Biological Principles I
  - ii. BIOL 101L - Biological Principles I Laboratory
  - iii. BIOL 102 - Biological Principles II
  - iv. BIOL 102L - Biological Principles II Laboratory
- d. **GFL** (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.
- e. **GHS** (3 hours): any approved CC-GHS course
- f. **GSS** (3 hours) –*must be passed with a grade of C or higher*
  - i. PSYC 101 - Introduction to Psychology
- g. **AIU** (3 hours): any approved CC-AIU course

#### **Carolina Core Stand Alone or Overlay Eligible Requirements:**

Up to two of these requirements may be met in overlay courses. At least one of these requirements must be satisfied by a course not applied elsewhere in general education. (3-9 Hours)

- h. **CMS** (3 hours): any approved overlay or stand-alone CC-CMS course
- i. **INF** (0-3 hours): any approved overlay or stand-alone CC-INF course
- j. **VSR** (0-3 hours): any approved overlay or stand-alone CC-VSR course

#### 2. **College Requirements (9 hours)** –*must be passed with a grade of C or higher*

- a. PUBH 102 - Introduction to Public Health
- b. SOCY 101 - Introductory Sociology
- c. UNIV 101 - The Student in the University

#### 3. **Program Requirements (39-51 hours)**

- a. **Natural Science Cognate** (12 hours): 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. A minimum grade of C in these courses is required.
- b. **Cognate** (12 hours): 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. A minimum grade of C in these courses is required.

- c. **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.
  - d. **Supporting Courses** (12 hours) –*must be passed with a grade of C or higher*
    - i. CHEM 111 - General Chemistry I
    - ii. CHEM 111L - General Chemistry I Laboratory
    - iii. PHYS 201 - General Physics I
    - iv. PHYS 201L - General Physics Laboratory I
    - v. CHEM 112 - General Chemistry II *and* CHEM 112L - General Chemistry II Laboratory *or* PHYS 202 - General Physics II *and* PHYS 202L - General Physics II Laboratory
  - e. **Electives** (3-15 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 (28 hours)** –*a minimum grade of C is required in all major courses*
- a. **Major Courses** (28 hours)
    - i. EXSC 191 - Physical Activity and Health
    - ii. EXSC 223 - Anatomy and Physiology I
    - iii. EXSC 223L - Anatomy and Physiology I Laboratory
    - iv. EXSC 224 - Anatomy and Physiology II
    - v. EXSC 224L - Anatomy and Physiology II Laboratory
    - vi. EXSC 351 - Acquisition of Motor Skills
    - vii. EXSC 401 - Practicum Preparation
    - viii. EXSC 444 - Exercise Science Practicum
    - ix. EXSC 530 - The Physiology of Muscular Activity
    - x. EXSC 530L - Physiology of Muscular Activity Lab
    - xi. EPID 410 - Principles of Epidemiology