<table>
<thead>
<tr>
<th>Course Subject and Title</th>
<th>Credit Hours</th>
<th>Min. Grade</th>
<th>USC Equivalent Course</th>
<th>USC Degree Applicability</th>
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<tr>
<td><strong>Semester One (16 Credit Hours)</strong></td>
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<td>COL 101 College Orientation</td>
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<td>ENG 101 English Composition I</td>
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<td>ENGL 101 Critical Reading and Composition</td>
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<td>BIO 101 Biological Science I</td>
<td>4</td>
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<td>BIOL 101 &amp; 101L Biological Principles I &amp; Lab</td>
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<tr>
<td>MAT 110 College Algebra</td>
<td>4</td>
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<td>MATH 111 Basic College Mathematics</td>
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<tr>
<td>CHM 110 College Chemistry</td>
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<td>CHEM 111 &amp; 111L General Chemistry I &amp; Lab</td>
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<td><strong>Semester Two (17 Credit Hours)</strong></td>
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<td>ENG 102 English Composition II</td>
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<td>ENGL 102 Rhetoric and Composition</td>
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<tr>
<td>MAT 111 College Trigonometry</td>
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<td>MATH 112 Trigonometry</td>
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<tr>
<td>BIO 102 Biological Science II</td>
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<td>BIOL 102 &amp; 102L Biological Principles II &amp; Lab</td>
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<tr>
<td>CHM 111 College Chemistry II</td>
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<td>CHEM 112 &amp; 112L General Chemistry II &amp; Lab</td>
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<tr>
<td>HIS 202 American History: 1877 to Present</td>
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<td>HIST 112 US History Since 1865</td>
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<td>MAT 140 Analytical Geometry and Calculus I</td>
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<td>SPCH 140 Public Communication</td>
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<td>PHY 201 Physics I</td>
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<td>PHYS 201 &amp; 201L General Physics I &amp; Lab</td>
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<tr>
<td>PSC 201 American Government</td>
<td>3</td>
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<td>POLI 201 American National Government</td>
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<tr>
<td>IST 225 Internet Communications</td>
<td>3</td>
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<td>ITEC 362 Web-Based Support Systems</td>
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<td>MAT 120 Probability and Statistics</td>
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<td>STAT 201 Elementary Statistics</td>
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<tr>
<td>PHY 202 Physics II</td>
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<td>PHYS 202 &amp; 202L General Physics II &amp; Lab</td>
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<tr>
<td>PSY 201 General Psychology</td>
<td>3</td>
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<td>PSYC 101 Introduction to Psychology</td>
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<tr>
<td>MUS 105 Music Appreciation or ART 101 Art History and Appreciation or THE 101 Introduction to Theatre</td>
<td>3</td>
<td>C</td>
<td>MUSC 110 Introduction to Music or ARTE 101 Introduction to ART or THEA 200 Understanding &amp; Appreciation of Theatre</td>
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<td><strong>Semester Five (16 Credit Hours)</strong></td>
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<tr>
<td>EXSC 223 &amp; 223L Anatomy &amp; Physiology I</td>
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<td>EXSC 191 Physical Activity and Health</td>
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<td>Cognate Course (300-level or above)</td>
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<td>Foreign Language or other Carolina Core Requirement</td>
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<td><strong>Semester Six (16 Credit Hours)</strong></td>
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<tr>
<td>EXSC 224 &amp; 224L Anatomy &amp; Physiology II</td>
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<td>EPID 410 Principles of Epidemiology</td>
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<td>PUBH 302 Introduction to Public Health</td>
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<td>SOCY 101 Introductory Sociology</td>
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<td><strong>Summer (4 Credit Hours)</strong></td>
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<td>EXSC 330 &amp; 330L Exercise Physiology</td>
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<td><strong>Semester Seven (13 Credit Hours)</strong></td>
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<td>EXSC 401 Practicum Preparation</td>
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<td>EXSC 335 Biomechanics of Human Movement or EXSC 410 Psychology of Physical Activity</td>
<td>3</td>
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<td>EXSC 351 Acquisition of Motor Skills</td>
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<td>Exercise Science Cognate</td>
<td>3</td>
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<td><strong>Semester Eight (12 Credit Hours)</strong></td>
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<td>EXSC 444 Exercise Science Practicum</td>
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<tr>
<td>Exercise Science Cognate</td>
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<td>C</td>
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</table>

This course plan is a recommended sequence for this major. Please see the University of South Carolina Bulletin for detailed degree requirements and 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.
**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 Description</th>
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<tbody>
<tr>
<td>CC</td>
<td>Carolina Core</td>
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<tr>
<td>CC-AIU</td>
<td>Carolina Core-Aesthetic and Interpretive Understanding</td>
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<tr>
<td>CC-ARP</td>
<td>Carolina Core-Analytical Reasoning and Problem-Solving</td>
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<tr>
<td>CC-CMS</td>
<td>Carolina Core-Effective, Engaged, and Persuasive Communication: Spoken Component</td>
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<tr>
<td>CC-CMW</td>
<td>Carolina Core-Effective, Engaged, and Persuasive Communication: Written Component</td>
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<tr>
<td>CC-GFL</td>
<td>Carolina Core-Global Citizenship and Multicultural Understanding: Foreign Language</td>
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<tr>
<td>CC-GHS</td>
<td>Carolina Core – Historical Thinking</td>
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<tr>
<td>CC-GSS</td>
<td>Carolina Core – Social Sciences</td>
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<td>CC-INF</td>
<td>Carolina Core – Information Literacy</td>
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<td>CC-INT</td>
<td>Carolina Core – Integrative Course</td>
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<td>CC-SCI</td>
<td>Carolina Core – Scientific Literacy</td>
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<td>CC-VSR</td>
<td>Carolina Core – Values, Ethics, and Social Responsibility</td>
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<td>CR</td>
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<td>MR</td>
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