

BACHELOR OF SCIENCE
Major in Exercise and Sport Science
PROGRAM OF STUDY: 2019-2020

Student's Name: _____ Catalog Year: _____

Student ID: _____ Advisor: _____

General Education Requirements	Hours	Grade	Term
I. Communication (9)			
ENGL U101: Composition I; HONS 101	(3)	_____	_____
ENGL U102: Composition II	(3)	_____	_____
SPCH U201: Public Speaking	(3)	_____	_____
II. Mathematics, Logic & Natural Science (14)			
MATH U102: Elementary Statistics	(3)	_____	_____
MATH U120 or higher	(3)	_____	_____
CHEM U109/L or CHEM U111/L	(4)	_____	_____
BIOL U110/L or BIOL U101/L	(4)	_____	_____
III. Information Technology (3)			
<i>One course selected from</i>			
CSCI U138, 150; INFO 101; DGST 101; or MUSC 162	(3)	_____	_____
IV. Fine Arts, Humanities, & History (9)			
<i>One course selected from:</i>			
ARTH U101, U105, U106: Art History	(3)	_____	_____
MUSC U110, U140: Music			
THEA U161: Theater			
<i>One course selected from:</i>			
AFAM U204: African American Culture	(3)	_____	_____
AMST U101, U102: American Studies			
ENGL U250, U252, U275, U279, U283, U289, U290, U291: English			
PHIL U102, U211; HONS 199, 301,			
RELG U103: Religion			
<i>One course selected from:</i>			
HIST U101, U102, U105, U106: History	(3)	_____	_____
V. Foreign Language and Culture (3)			
<i>One course selected from:</i>			
ASLG U101, CHIN U101, FREN U101, GERM U101, SPAN U101	(3)	_____	_____
HONS 250, 350			
VI. Social and Behavioral Sciences (6)			
PSYC U101: Introduction to Psychology	(3)	_____	_____
<i>One course selected from</i>			
AFAM U201, ANTH U102, ECON U221, U222,			
GEOG U101, U103, POLI U101; SOCY U101, or WGST U101	(3)	_____	_____

Major Course Requirements¹

Sport Science Core (required for all majors)	Prerequisites	Hours	Grade	Term
EDHL U221: Lifelong Health and Wellness	---	(3)	_____	_____
BIOL U243: Human Anatomy and Physiology I		(4)	_____	_____
BIOL U244: Human Anatomy and Physiology II	BIOL U243, CHEM U109/U111	(4)	_____	_____
EDPH U128: Group Fitness	---	(1)	_____	_____
EXSC U280: Introduction to Exercise Science		(3)	_____	_____
EXSC U301: Exercise Physiology	BIOL U243	(4)	_____	_____
EXSC U302: Biomechanics	BIOL U243	(3)	_____	_____
EXSC U390: Field Experience	---	(3)	_____	_____
EXSC U480: Internship	EXSC U390, Junior	(6)	_____	_____
EXSC U499: Research Seminar	Senior	(3)	_____	_____

Exercise and Sport Science majors must select one of the following Academic Tracks¹ (specific requirements for each Academic Track listed on reverse)

_____ **Medical Fitness (19)** recommended for careers in hospitals and other medical or clinical settings

_____ **Strength and Conditioning (19)** recommended for careers in athletic training

_____ **Exercise Science (19)** recommended for careers in general health and fitness centers

¹A minimum grade of C is required in all major course requirements.

(continued)

Exercise and Sport Science majors must select one of the following Academic Tracks¹

	Prerequisites	Hours	Grade	Term
Medical Fitness (19)				
EXSC U355: Lifestyle-Related Diseases		(3)	_____	_____
EXSC U401: Advanced Exercise Physiology	EXSC U301	(3)	_____	_____
EXSC U455: Fitness Assessment and Prescription	EXSC U301, U302	(4)	_____	_____
EXSC U456: Clinical Exercise Testing and Prescription	EXSC U455	(4)	_____	_____
EXSC U459: Sport Nutrition	EXSC U301	(3)	_____	_____
Two course selected from:				
EDPH U124: Walk, Jog, Run, EDPH U129: Yoga, or EDPH 180: Swimming		(1) (1)	_____	_____
Strength and Conditioning (19)				
EXSC U270: Introduction to Athletic Training		(3)	_____	_____
EDPH U320: Team Sports I	---	(3)	_____	_____
EDPH U415: Individual/Dual Sports	---	(3)	_____	_____
EXSC U457: Essentials of Strength and Conditioning	EXSC U301, U302	(4)	_____	_____
EXSC U459: Sport Nutrition	EXSC U301	(3)	_____	_____
EXSC U467: Advanced Strength and Conditioning	EXSC U457	(3)	_____	_____
Exercise Science (19)				
_____		()	_____	_____
_____		()	_____	_____
_____		()	_____	_____
_____		()	_____	_____
_____		()	_____	_____
_____		()	_____	_____
_____		()	_____	_____

For Exercise Science Academic Track, choose **19 credit hours** from the following, **including at least 12 credits from EXSC:**
 EDPH U124 (1), EDPH U129 (1), EDPH U180 (1), EDPH U320 (3), EDPH U415 (3), EDPH U325 (3), EXSC 270 (3), EXSC U355 (3),
 EXSC U401 (4), EXSC U455 (4), EXSC U456 (3), EXSC U457 (3) EXSC U459 (3), EXSC U467 (3).

AND Exercise and Sport Science majors must select either a minor (18-24 hours)⁵ or the Health Sciences Emphasis (as a substitute for the required minor for those who are interested in Physical Therapy or Physician Assistant)^{1,3,4}

Minor (18-24)	Prerequisites	Hours	Grade	Term
_____		()	_____	_____
_____		()	_____	_____
_____		()	_____	_____
_____		()	_____	_____
_____		()	_____	_____
_____		()	_____	_____

Certification Exam
 All students, regardless of academic track, must complete either the ACSM 'Certified Exercise Physiologist' or NSCA 'Certified Strength and Conditioning Specialist' exam before graduation. A passing score is not required in order to receive the degree. (exam results received on ____/____/____)

Electives	0-7 ⁶			
_____		()	_____	_____
_____		()	_____	_____
_____		()	_____	_____
_____		()	_____	_____
_____		()	_____	_____

Total hours required 120

Final responsibility for satisfying degree requirements, as outlined in the USC Upstate Academic Catalog, rests with the student.

¹A minimum grade of C is required in all major coursework.
²Up to 6 hours of General Education (<300 level) may be used to satisfy requirements of a minor. _____
³See current USC Upstate Academic Catalog for specific requirements of the chosen minor.
⁴Depending on how many hours are taken in either the minor or Health Sciences Emphasis
⁵Electives are based on the number of hours taken in either the minor or Health Sciences Emphasis; students must have 120 hours to satisfy the requirements for the degree.