

Exercise Science Advising FAQ

Q: Who is responsible for my class schedule and making sure I take the right classes in the right order, and all that stuff?

A: You are. Your advisor will help you with scheduling and tell you what you need to know, but when you leave your advisor's office, you are responsible for making sure you follow those directions and keeping track of your classes.

Q: What classes should I take this semester?

A: Look at your graduation plan, or request a copy from your advisor. If you have taken all the classes planned for you in the current semester and made Cs or above in all major courses, plan to take the next group of classes on the list. Next, check for prerequisites. *Prerequisites will be strictly enforced*, and you should not register for a class unless you have taken the prerequisites. If you register anyway, the instructor can drop you from the class, which could cause major problems with your class schedule.

Class	Prerequisites
BIOL U101	MATH U121 or higher, or placement into at least MATH U126
CHEM U109	CSCI U138 or consent of instructor
CEHM U111	MATH U121 or higher, or placement into at least MATH U126, or consent of instructor
EXSC U301	BIOL U243
EXSC U302	BIOL U243
EXSC U401	EXSC U301
EXSC U455	EXSC U301, U302
EXSC U456	EXSC U301, U302, U455
EXSC U457	EXSC U301, U302
EXSC U459	EXSC U301
EXSC U467	EXSC U301, U302, U457
PHYS 201	MATH U127

Actually scheduling the classes will be up to you. Choose sections and times that work for you. Also, consider how many hours you want to take. Although 12 hours is full time, 15 hours per semester will keep you on track to graduate in four years, and for Life and Hope scholarships, 30 hours per year is required. How many classes you take and which ones should also depend on the difficulty of the classes. For example, try not to take two lab classes together (except those who are under pre-PT track). In addition, you can talk to fellow majors and friends about which instructors will best suit your learning style.

Q: What should I do if I dropped a class, made a D or F in a class, or couldn't get into a class?

A: If you had to drop a class, then consider retaking that class in the upcoming semester. Anatomy & Physiology I is the most important class to get through, so make sure you complete it as soon as possible. It's a good idea to maintain 15 hours or so per semester to stay on track for graduation. Taking less than 12 hours means you are not full-time, and taking more than 17 hours means you are taking an overload.

Q: But how do I know what classes are going to be offered in future semesters?

A: When planning your class schedule, consider whether classes will be offered in fall, spring or both, and plan accordingly. You can also consider taking some classes in the summer. Here's the current list of classes offered in only one semester and some that are usually available in the summer:

Fall only	Spring only	Available in summer*
PHYS 201: Physics I	PHYS 202: Physics II	EXSC 280: Intro to Ex. Science
		EXSC 301: Exercise Physiology
		EXSC 302: Biomechanics
		EXSC 390: Field Experience
		EXSC 459: Sport Nutrition
		EXSC 480: Internship
		EXSC 499: Research Seminar
		EDPH 320: Team Sports I
		EDPH 415: Individual Sports

*this list subject to change.

Courses highlighted in Yellow need to check with Physical Education Department (Dr. Jim Kamla)

Courses Highlighted in Blue need to check with Physics department

All other classes are offered once per year at least.

Q: What about taking courses at another school?

A: If you plan to take a class elsewhere, fill out a [Transient/Concurrent Permission form](#) to insure that it will count for credit at Upstate. Secondly, consider how it will impact your transcript: admissions committees at selective graduate/professional programs may view off campus courses in a bad light. If you are retaking a class to get replace a bad grade, it can only replace an Upstate class if it's taken at Upstate. Lastly, you must take your final 30 hours at Upstate.

Q: I am taking a field experience or internship next semester. What do I need to do?

A: If you are taking an internship or a field experience, you are responsible for finding a facility that will supervise you. Go to the [EXSC website](#) to review all the document before you start! Start early! The instructor will have a list of suggested sites, but you can ask permission for any site (local or otherwise), as long as a) it is related to your possible career, and b) you are not already working there for pay as an employee.

Q: I am not able to register. The computer says I have not been advised or there is some other restriction.

A: There are a number of possibilities:

Advisement Hold: You must schedule an appointment via Starfish during advisement period (October in fall, March in spring). You need to meet with your advisor before registering. If you have already done so, and your hold is not removed, please contact your advisor.

Student Attribute Error: You are trying to register for a course limited to students on a certain campus, or limited to Scholars Academy students. Please check the section number. An "S" after the section number means it is a Sumter campus course. A "G" after the section number means it is a Greenville campus course.

Time Conflict: This error means that two or more of your class times overlap. Please choose another course that works with your schedule.

No Seats Available: the class is full. Contact the instructor for permission to have a capacity override done. Then contact the appropriate department for an override. Your advisor **cannot** give you permission to register for a closed class unless he/she is the instructor of the class. Ms. Ashley Minton (AMINTON@USCUPSTATE.EDU) will be able to help if you plan to get an override for class offered by EXSC program (after receiving the permission form from the instructor)

Hold error: You have one or more holds on your account (financial obligations, citizenship, immunizations). Please check your list of holds in Self Service and contact the appropriate department.

Field of Study restriction: This class is limited to students in a particular major.

Maximum Hours Exceeded: You are registering for too many hours. Please contact your advisor to see if you are eligible for an overload. If you have already completed an overload form with your advisor, please contact Ashley Minton (AMINTON@USCUPSTATE.EDU).

Department Permission Required: If you are trying to register for an internship or field experience, you must fill out the appropriate paperwork and get signatures to register (see page 2 for details).

Corequisite: You must take a particular set of courses at the same time. For instance, EXSC U301, U455, U456, U457 are courses with lab. Please make sure you sign up a lab section along with the lecture course.

Prerequisite: You must have already completed a certain course in order to register for this course. (see page 1 for details).

Q: Why do I need to meet my advisor during advising week if I can just go by later or the week before classes?

A: Firstly, advising is very time consuming for faculty and best done during a designated time, and most advisors put aside classroom tasks to devote their efforts to advising during that two week period. Students trickling in throughout the semester makes the job more difficult, not to mention that classes often close quickly. The earlier you are advised, the better.

Q: I know USC Upstate suggests (not required) taking either the ACSM or NSCA certification exam before I graduate. How do I do that?

A: After you complete EXSC 455 (for ACSM) or EXSC 457 (for NSCA), go to the [EXSC website](#) to download instructions on how to register for the appropriate exam. Send exam results to your advisor for records.

Q: I am graduating this semester. Do I need to be advised?

A: No, but make sure we have a valid email for you, and let us know what your future plans are. For those who are graduating in May, you will NOT need the Spring Advisement. However, if you plan to have an early walk in May and take courses in summer (graduate in August), you will still need the Spring Advisement in order to lift the hold for course registration.

Q: I am graduating next semester. Anything special I have to do?

A: Graduation Application Deadlines* are listed below

*Date subject to change.

May Graduation: Apply on-line in Self-Service Carolina under Apply to Graduate between December 16 and February 15

August Graduation: Apply on-line in Self-Service Carolina under Apply to Graduate between May 16 and June 30

December Graduation: Apply on-line in Self-Service Carolina under Apply to Graduate between August 16 and October 15

Early/Late Participation: Student who will graduate in August but want to participate in the May or December ceremonies will need to complete the Request to Participate in Commence Early/Late Form which can be found here:

https://sc.edu/about/offices_and_divisions/registrar/forms/early_late.php

More details of graduation:

<https://www.uscupstate.edu/current-students/registration-records/graduation/>

Physical Therapy and Alternate Routes

Because of the popularity of the profession, standards for entry into Physical Therapy school are quite high, and most students do not get in on their first try. Students hoping to qualify for entry need to take the following prerequisites:

BIOL 101,102

CHEM 111, 112

PHYS 201, 202 (including up to MATH 127)

PSYC 310

GPA is a big factor in the admissions process and generally a student will not be competitive unless they have at least a **3.7 GPA**. Other criteria include **excellent letters of recommendation** from professors and PT professionals, as well as a **high GRE score**. It is therefore important to consider alternative career paths in case you are not admitted to a PT program. Here are four viable options as an Exercise and Sport Science student:

Occupational Therapy (doctorate program) in MUSC

<https://education.musc.edu/colleges/health-professions/academics/occupational-therapy/otd-el>

There are many similarities between OT and PT, and in fact many facilities employ both working in tandem. Although the standards for entry into OT programs are still high, the prerequisite courses are not as demanding. Outside of Anatomy and Physiology candidates are required to take PSYC 302: Developmental Psychology, PSYC 310: Psychological Disorders, SOCY 101: Intro to Sociology OR ANTH 101: Anthropology. Therefore, your advisor recommends that you complete a Psychology minor in order to complete the prerequisites. Other options for OT school (master program) can be found [here](#).

Physical Therapy Assistant Associate Degree Program at GTC

https://www.gvltec.edu/academics_learning/health-sciences/physical_therapist_assistant/index.html

Rehabilitation facilities normally employ a number of PTAs in addition to PTs, and PTAs do as much or more of the hands-on patient work as PTs, while earning excellent salaries. The PTA associate's degree at Greenville Technical College is competitive, but a student with a bachelor's in exercise science will have a huge advantage over a student with no degree. The program takes 18 months to complete.

Graduate studies in Exercise Science

Some students not admitted to a PT program initially will choose to earn a master's degree in a related field and then re-apply to PT school. Besides earning a valuable degree in an interesting field, a master's in Exercise Science gives you a chance to prove that you are capable of graduate work, greatly improving your chances for admittance. You may consider retaking key science courses if your undergraduate science GPA would benefit.

Strength and Conditioning

Focusing on Strength and Conditioning while completing PT prerequisites will prepare you for a rapidly growing career option. You will employ many of the same skills as Physical Therapists, but you will be working with athletes rather than injured patients. In fact, many PTs hold the CSCS certification as well, an indicator of how related these two fields are.