

**BS Exercise Science
Degree Checklist**

Name _____
Date entered USC _____

I. Carolina Core and Arnold School College Core

	Carolina Core Competency (minimum hours)	Arnold School College Core BS requirements	Courses Taken/Term Completed
CMW	Persuasive Communication: Writing (6)	ENGL 101 ENGL 102 (6)	ENGL 101 _____ ENGL 102 _____
ARP	Analytical Reasoning/ Problem Solving (6)	MATH 122 STAT 201 or 205 (6)	MATH 122 _____ STAT _____
SCI	Scientific Literacy (7)	BIOL 101/101L BIOL 102/102L CHEM 111/111L PHYS 201/201L CHEM 112/112L or PHYS 202/202L (20)	BIOL 101 _____ BIOL 101L _____ BIOL 102 _____ BIOL 102L _____ CHEM 111 _____ CHEM 111L _____ PHYS 201 _____ PHYS 201L _____ _____
GFL	Global Citizenship and Multicultural Understanding: Foreign Language (0-6)	Proficiency through 110 in language (0-6)	Placement Test _____ _____ _____
GHS	Global Citizenship and Multicultural Understanding: History (3)	Any Carolina Core HIS class (3)	_____
GSS	Global Citizenship and Multicultural Understanding: Social Science (3)	PSYC 101 SOCY 101 (6)	PSYC 101 _____ SOCY 101 _____
AIU	Aesthetic and Interpretive Understanding (3)	Any Carolina Core AIU class (3)	_____
CMS	Persuasive Communication: Speech (3)+	Any Carolina Core CMS class (3)	_____
INF	Information Literacy (3)+	Any Carolina Core INF class (3)	_____
VSR	Values, Ethics, Social Responsibility (3)+	Any Carolina Core VSR class (3)	_____
	Additional ASPH College Requirements	PUBH 102 UNIV 101 (6)	PUBH 102 _____ UNIV 101 _____
Total	31 – 43 credit hours	46 – 58 credit hours	Total hours

II. Exercise Science Core Requirements

Course	Term Completed
EXSC 191 Physical Activity and Health (3hrs)	
EXSC 223 Anatomy and Physiology I (3hrs)	
EXSC 223L Anatomy and Physiology I Lab (1hr)	
EXSC 224 Anatomy and Physiology II (3hrs)	
EXSC 224L Anatomy and Physiology II Lab (1hr)	
EXSC 351 Acquisition of Motor Skills (3hrs)	
EXSC 530 Physiology of Muscular Activity (3hrs)	
EXSC 530L Physiology of Muscular Activity Lab (1hr)	
Social Science Elective (3hrs) (Choose from one of the following courses: AFAM, ANTH, ECON, GEOG, LASP, POLI, PSYC (other than 101& 420, SOCY (other than 101), SOST, WGST)	
EPID 410 Principles of Epidemiology (3hrs)	

III. Health Fitness Core Courses

Natural Sciences	Term Completed
EXSC 531 Clinical Exercise Phys.	
EXSC 531 Clinical Exercise Phys. Lab	
EXSC 341A Practicum	
HPEB 502 Human Nutrition	
or	
EXSC 507 Sports Nutrition	
EXSC 454 Health/Fitness Programs	
EXSC 481 Prac in Community Fitness Prog	
Selectives (need 12 credit hours)	Term Completed

Note: Check prerequisites before enrolling in courses

DEGREE CHECKLIST

- _____ Carolina Core/ASPH requirements
- _____ Exercise Science Core
- _____ Track Specific Courses
- _____ Minor (if applicable)
- _____ 120 Credit Hours

Health Fitness Selective Courses

You MUST choose a minimum of 6 credit hours from 50 or 600 level EXSC courses:

- EXSC 535/L Biomechanics of Human Movement
- EXSC 541 Phys. Basis for Strength and Conditioning
- EXSC 555 Current Topics in Exercise Science
- EXSC 555 Strength and Conditioning Cert.
- EXSC 563 Phys. Activity/Physical Dim of Aging
- EXSC 620 Nutrition and Immunology
- EXSC 666 Cardiorespiratory Exercise Physiology
- EXSC 669 Skeletal Muscle Physiology: Form and Function
- EXSC 695 Writing and Presenting in Research

Any Remaining selective credit hours may be selected from the following courses

- EXSC 410 Psychology of Physical Activity
- COMD 500 Introduction to Speech-Language Pathology and Audiology
- HPEB 300 Intro to Health Prom, Educ, Behav
- PEDU 266 Care and Prev. of Injuries
- PEDU 266L Care and Prev. of Injuries Lab
- PSYC 410 Abnormal Psychology
- PSYC 420 Developmental Psychology
- CLAS 230 Medical Terminology

Elective Courses

(UNIV 401 highly Recommended) _____

