

EXERCISE AND SPORT SCIENCE, BACHELOR OF SCIENCE

Students in the Exercise and Sport Science major are trained for a variety of careers, including fitness specialist, personal training, and strength and conditioning specialist. With graduate training, students can pursue careers in sport nutrition, exercise physiology, cardiac rehabilitation, and physical therapy. Preparation for both the NSCA's Certified Strength and Conditioning Specialist exam and the ACSM's Health Fitness Specialist exam is built into the curriculum, and students passing one of these national exams can expect enhanced job opportunities. See www.acsm.org (<http://www.acsm.org>) or www.nsca-lift.org (<http://www.nsca-lift.org>) for more information.

Code	Title	Hours
General Education Courses		
<i>I. Communication</i>		
English:		
ENGL U101	Composition I	3
ENGL U102	Composition II	3
Speech:		
SPCH U201	Foundations in Oral Communication	3
<i>II. Mathematics, Logic & Natural Sciences</i>		
Mathematics:		
MATH U102	Elementary Statistics	3
MATH U121	College Algebra	3
MATH U127	Precalculus II ¹	3
PSYC U225	Psychological Statistics	3
Natural Science (w/ lab):		
(See footnote 2)		
CHEM U109 & U109L & BIOL U110 & BIOL U110L	Chemistry of Living Things and Chemistry of Living Things Lab and General Biology and General Biology Lab	8
or CHEM U111 & U111L & BIOL U101 & BIOL U101L	General Chemistry and General Chemistry Lab and Introductory Biology I and Introductory Biology I Lab	
<i>III. Information Technology</i>		
Information Technology:		
Select one of the following:		3
CSCI U138	Introduction to Computer Technology	
CSCI U150	Introduction to Computer Science	
DGST U101	Intro to Digital Studies	
INFO U101	Survey of Information Technology	
INFO U102	Introduction to Digital Safety	
LIBR U201	Strategies for Information Discovery	
MUSC U162	Intro to Music Technology	
<i>IV. Fine Arts, Humanities & History</i>		
Fine Arts:		
Select one of the following:		3
ARTH U101	Introduction to Art	

ARTH U105	History of Western Art: Prehistory - Middle Ages
ARTH U106	History of Western Art: Renaissance - Modern
MUSC U110	Introduction to Music
MUSC U140	History of American Popular Music
THEA U161	Introduction to Theatre Art
THEA U170	Fundamentals in Acting
History:	
Select one of the following:	
HIST U101	Introduction to World History I
HIST U102	Introduction to World History II
HIST U105	History of the United States to 1877
HIST U106	History of the United States from 1865
Fine Arts, Humanities:	
Select one of the following:	
AFAM U204	African American Culture
AMST U101	American Studies, 17th - 19th Century
AMST U102	American Studies, 20th Century
ENGL U245	Business Writing
ENGL U252	Understanding English Grammar
ENGL U289	Survey of British Literature I
ENGL U290	Survey of British Literature II
ENGL U291	African American Literature
PHIL U102	Introduction to Philosophy
PHIL U111	Political Philosophy
PHIL U211	Contemporary Moral Issues
RELG U103	Comparative Religion
SOST U201	Introduction to Southern Studies
<i>V. Foreign Language & Culture</i>	
Foreign Language:	
Select one of the following: ³	
ASLG U101	American Sign Language I
FREN U101	Introductory French I
GERM U101	Introductory German I
SPAN U101	Introductory Spanish I
<i>VI. Social & Behavioral Sciences</i>	
Social & Behavioral Science:	
PSYC U101	Introduction to Psychology
Select one of the following:	
AFAM U201	Introduction to African American Studies
ANTH U102	Understanding Other Cultures
CRJU U101	Introduction to Criminal Justice
ECON U221	Principles of Macroeconomics
ECON U222	Principles of Microeconomics
GEOG U103	Introduction to Geography
POLI U101	American National Government
SOCY U101	Introduction to Sociology
SPCH U210	Interpersonal Communication
UNIV U201	Leadership Development I
WGST U101	Introduction to Women's & Gender Studies
<i>VII. General Education Electives</i>	
General Education Electives:	
Choose from the options below if hours are required in the major:	

Select any approved general education course or courses (<https://academic-catalog.uscupstate.edu/academic-programs/general-education-courses/>) 0

Major Requirements ⁴

Sport Science Core

EDHL U221	Lifelong Health & Wellness	3
BIOL U243 & U243L	Human Anatomy and Physiology I and Human Anatomy and Physiology I Lab ⁵	4
or EXSC U290	Functional Kinesiology I	
BIOL U244 & U244L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Lab ⁵	4
or EXSC U291	Functional Kinesiology II	
EDPH U128	Group Fitness	1
EXSC U280	Introduction to Exercise and Sport Science	3
EXSC U301	Exercise Physiology	4
EXSC U302	Biomechanics	3
EXSC U390	Field Experience	3
EXSC U455	Fitness Assessment and Prescription	4
EXSC U457	Essentials of Strength and Conditioning	4
EXSC U459	Sport Nutrition	3
EXSC U480	Internship in Exercise and Sport Science	6
EXSC U499	Research Seminar	3

Major Electives

Select 13 credits of the following, with at least 6 credits from EXSC courses: 13

Select an EDPH course at 100-level ⁶

BIOL U230	Medical Terminology
or NURS U230	Medical Terminology
EDHL U170	First Aid
EDPH U304	Motor Learning & Development
EDPH U318	Sports Ethics
EDPH U320	Team Sports I
or EDPH U410	Individual Sports
EDPH U325	Principles of Coaching
EXSC U270	Introduction to Athletic Training
EXSC U355	Lifestyle-Related Diseases
EXSC U401	Current Topics in Exercise Physiology
EXSC U456	Clinical Exercise Testing and Prescription
EXSC U467	Advanced Strength & Conditioning
EXSC U468	Advanced Exercise Assessment and Prescription

Minor, Cognate, Certificate or Health Sciences Emphasis

Exercise and Sport Science General majors must select a minor (18-18-24 hour minimum), a certificate (if less than 18 credits need to make up the difference with electives), or cognate approved by their academic advisor. Exercise & Sport Pre-OT majors should pick the psychology minor. Students in these two majors should not take the Health Sciences Emphasis. The Health Sciences Emphasis is required for Pre-PT majors.

Minor, Cognate, or Certificate ^{7,8}

Select 18-24 credits

Health Sciences Emphasis

Exercise & Sport Science Pre-PT majors must complete the Health Science Emphasis. They should not complete the Minor, Cognate, or Certificate option.

BIOL U102 & U102L	Introductory Biology II and Introductory Biology II Lab
CHEM U112 & U112L	General Chemistry and Qualitative Analysis and General Chemistry and Qualitative Analysis Lab
PSYC U310	Psychological Disorders
PHYS U201 & U201L	General Physics I and General Physics I Lab
PHYS U202 & U202L	General Physics II and General Physics II Lab
Total Hours	120-126

¹ MATH U127 Precalculus II required for Health Sciences Emphasis

² Health Sciences Emphasis must take BIOL U101 Introductory Biology I & BIOL U101L Introductory Biology I Lab and CHEM U111 General Chemistry & CHEM U111L General Chemistry Lab

³ The minimum acceptable level of competency is completion of the 101 level of a language. Students who place into the 102 or higher level of a language satisfy the language requirement but will have additional hours in general education electives, if hours are required by their degree program.

⁴ Final responsibility for satisfying degree requirements as outlined in the USC Upstate Academic Catalog rests with the student.

⁵ Students must take particular course sequence, either EXSC U290 Functional Kinesiology I & EXSC U291 Functional Kinesiology II or BIOL U243 Human Anatomy and Physiology I, BIOL U243L Human Anatomy and Physiology I Lab, BIOL U244 Human Anatomy and Physiology II, & BIOL U244L Human Anatomy and Physiology II Lab; minimum grade of C is required in all Major coursework.

⁶ Not EDPH U128 Group Fitness

⁷ Up to 6 hours of General Education (<300 level) may be used to satisfy requirements of a minor.

⁸ See current USC Upstate Academic Catalog for specific requirements of the chosen minor. A minimum grade of C is required in all minor, cognate, or Health Science Emphasis coursework. Students must have 120 hours to satisfy the requirements for the degree.