

# 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) (<http://www.acsm.org>) or [www.nscs-lift.org](http://www.nscs-lift.org) (<http://www.nscs-lift.org>) for more information.

Code	Title	Hours
<b>General Education Courses</b>		
<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 &amp; Natural Sciences</i>		
Mathematics:		
MATH U102	Elementary Statistics	3
MATH U121	College Algebra	3
MATH U127	Precalculus II <sup>1</sup>	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 &amp; 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:		3
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:		3
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 &amp; Culture</i>		
Foreign Language:		
Select one of the following: <sup>3</sup>		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 &amp; Behavioral Sciences</i>		
Social & Behavioral Science:		
PSYC U101	Introduction to Psychology	3
Select one of the following:		3
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	
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 <sup>4</sup>

#### Sport Science Core

EDHL U221	Lifelong Health & Wellness	3
BIOL U243 & U243L	Human Anatomy and Physiology I and Human Anatomy and Physiology I Lab <sup>5</sup>	4
or EXSC U290	Functional Kinesiology I	
BIOL U244 & U244L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Lab <sup>5</sup>	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: 13

Select an EDPH course at 100-level <sup>6</sup>

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 U415 Individual Sports

EDPH U325 Principles of Coaching

EXSC U270 Introduction to Athletic Training

EXSC U355 Lifestyle-Related Diseases

EXSC U401 Advanced 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 majors must select a minor (18-hour minimum), a certificate, cognate approved by their academic advisor (18-hour minimum), or the Health Sciences Emphasis (required for Pre-PT students). 18-24

*Minor, Cognate, or Certificate* <sup>7,8</sup>

Select 18-24 credits

#### Health Sciences Emphasis

BIOL U102 Introductory Biology II  
& U102L and Introductory Biology II Lab

CHEM U112 General Chemistry and Qualitative Analysis  
& U112L and General Chemistry and Qualitative Analysis Lab.

PSYC U310 Psychological Disorders

PHYS U201 General Physics I  
& U201L and General Physics I Lab

PHYS U202 General Physics II  
& U202L and General Physics II Lab

#### Total Hours

120-126

<sup>1</sup> MATH U127 Precalculus II required for Health Sciences Emphasis

<sup>2</sup> 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

<sup>3</sup> 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.

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

<sup>5</sup> 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.

<sup>6</sup> Not EDPH U128 Group Fitness

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

<sup>8</sup> 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.