

B.S. in Exercise Science (79-82 credits)

Division of Science

SAMPLE FOUR-YEAR DEGREE PLAN

The Exercise Science major is designed to allow students to learn the science of the human body—biology, chemistry, kinesiology, and physics—as well as psychological, spiritual, and emotional health as it applies to human function, disease prevention, and quality of life. Graduates may enter a variety of professions, including physical therapy, occupational therapy, athletic training, chiropractic medicine, coaching, and corporate wellness. Qualified Exercise Science majors are eligible for the Enhanced LIFE Scholarship and the Enhanced Palmetto Fellows Scholarship.

Year 1 Fall (16 credits)	
EXSC 1003 Introduction to Exercise Science	3
BIOL 1114 General Biology – Molecular	4
ENGL 1003 Freshman Composition I	3
SEMR 2323 Foundations for Success	3
BIBL 1013 Old Testament Survey	3
Year 2 Fall (16 credits)	
MATH 2203 Statistics	3
BIOL 3204 Anatomy and Physiology I	4
PSYC 2113 Sports Psychology I	3
PSYC 2003 General Psychology	3
PHED 3023 Prevention/Treatment of Athletic Injuries	3
Year 3 Fall (14 credits)	
CHEM 1114 General Chemistry I	4
EXSC 3043 Kinesiology	4
EXSC 3043 Legal Aspects of Exercise-Related Professions	3
RELG 2403 Basic Christian Beliefs	3
Year 4 Fall (14 credits)	
EXSC 3064 Exercise Physiology I	4
EXSC 4103 Research Methods in Exercise Science	3
PHYS 1044/2044 Physics I	4
Core Course (History)	3

Year 1 Spring (16 credits)	
BIBL 1023 New Testament Survey	3
EXSC 1063 Health and Wellness Promotion	3
ENGL 1013 Freshman Composition II	3
MATH 1064 Algebra and Trigonometry	4
BIOL 2013 Medical Terminology	3
Year 2 Spring (16 credits)	
ENGL 2103 Speech Communication	3
BIOL 2203 Nutrition for Healthcare Professionals	3
BIOL 3214 Anatomy and Physiology II	4
EXSC 2713 Fitness/Musculoskeletal Assessment	3
CPSC 1103 Intro to Computers and Information Processing	3
Year 3 Spring (15 credits)	
EXSC 3003 Motor Learning and Development	3
EXSC 3203 Organization & Admin. of Exercise Professions	3
EXSC 3153 Biomechanics of Performance	3
ASTH 2053 Music and Art Appreciation	3
Free Elective	3
Year 4 Spring (14 credits)	
EXSC 4601 Exercise Science Senior Capstone Seminar	1
EXSC 4344 Exercise Assessment, Testing, & Prescription	3
EXSC 3164 Exercise Physiology II	4
EXSC 4500 Exercise Science Internship (3 units required, 6 units optional)	3-6
Free Elective	3

This sample plan represents one possible pathway through the major. Individual plans may vary. To qualify for the STEM Enhancement of the LIFE or Palmetto Fellows Scholarship in Year 2 and beyond, students must complete at least 14 credits of math and science courses in Year 1. Students should plan to take at least one lab course every semester to remain on track for graduation. Students preparing for EXSC 4500 Internship should identify possible internship sites and complete the necessary paperwork at least one semester in advance.