Exercise Science Major Requirements
Catalog Year: 2013-14
Degree: Bachelor of Science
Credit Hours: 71+

“PR” indicates a pre-requisite. “CO” indicates a co-requisite.

Courses within this major may also satisfy general education requirements. Please consult http://registrar.cofc.edu/general-educ for more information.

**Required Courses**

- [ ] BIOL 201 Human Physiology (4) PR: BIOL 111/111L; BIOL 112/112L
- [ ] BIOL 202 Human Anatomy (4) PR: BIOL 111/111L; BIOL 112/112L
- [ ] MATH 104 Elementary Statistics (3) PR: MATH 101 or placement
- **OR**
  - [ ] MATH 250 Statistical Methods (3) PR: Either MATH 111, 120 or instructor permission

**Core Requirements**

- [ ] EXSC 201 Introduction to Health and Human Performance (cross-listed with PEHD 201) (3) PR: None
- [ ] EXSC 210 Concepts in Fitness Assessment and Exercise Prescription (3) PR: None
- [ ] EXSC 330 Kinesiology (3) PR: BIOL 202; EXSC 201 or PEHD 201
- [ ] EXSC 340 Exercise Physiology and Lab (4) PR: BIOL 201; EXSC 201 or PEHD 201
- [ ] EXSC 433 Research Design & Analysis (3) PR: EXSC 330; EXSC 340; MATH 104 or 250
- [ ] EXSC 440 Biomechanics (3) PR: EXSC 201 or PEHD 201; EXSC 330; PHYS 101
- [ ] EXSC 498 Capstone in Exercise Science (2) PR: EXSC 433; permission of instructor
- [ ] PEHD 458 Organization and Administration in Health and Human Performance (3) PR: EXSC 201 or PEHD 201; senior standing

24 credit hours selected from the following:

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- **ATEP 365** General Medical Conditions in Athletics (3) PR: ATEP 345; BIOL 201; or instructor permission
- **ATEP 430** Therapeutic Exercise (3) PR: ATEP 245; ATEP 345; EXSC 330; BIOL 201; BIOL 202; or BIOL 201; BIOL 202; EXSC 201; EXSC 330; or instructor permission; CO: ATEP 430L
- **ATEP 430L** Therapeutic Exercise Lab (1) CO: ATEP 430
- **ATEP 437** Therapeutic Modalities (3) PR: ATEP 245 or EXSC 201; ATEP 345; CO: ATEP 437L
- **ATEP 437L** Therapeutic Modalities Lab (1) CO: ATEP 437
- **EXSC 401** Independent Study (3) PR: EXSC 201 or PEHD 201; instructor permission
- **EXSC 438** Advanced Topics in Resistance Training and Conditioning (3) PR: BIOL 201, 202; EXSC 340; or instructor permission.
- **EXSC 439** Advanced Topics in Exercise Physiology (3) PR: EXSC 340; or instructor permission.
- **EXSC 444** Scientific Writing and Data Analysis (3) PR: Senior standing
- **HEAL 216** Personal & Community Health (3) PR: None
HEAL 333  Sports and Exercise Nutrition (3) PR: BIOL 201
HEAL 350  Epidemiology (3) PR: HEAL 215
PEHD 235  Motor Learning (3) PR: None
PEHD 355  Sports Psychology (3) PR: EXSC 201 or PEHD 201; PSYC 103; or instructor permission

Cognate Requirement (12 credit hours: 8 credit hours of CHEM and 4 credit hours of PHYS or 4 credit hours of CHEM and 8 credit hours of PHYS)

☐ CHEM 111  Principles of Chemistry (3) PR or CO: Unless students exempt MATH 111 (via diagnostic testing) or have completed this course as a pre-requisite, they are required to take MATH 111 as a co-requisite. CO: CHEM 111L
☐ PHYS 101  Introductory Physics (3) PR: None; CO or PR: PHYS 101L
☐ PHYS 101L  Introductory Physics Lab (1) CO: PHYS 101

AND

☐ CHEM 112  Principles of Chemistry (3) PR: CHEM 111 and 111L; CO: CHEM 112L
☐ PHYS 102  Introductory Physics II (3) PR: PHYS 101 or PHYS 111 or HONS 157; CO: PHYS 102L

OR

☐ CHEM 112L  Principles of Chemistry Lab (1) CO: CHEM 112
☐ PHYS 102L  Introductory Physics Lab (1) CO: PHYS 102