Exercise Science Major Requirements
Catalog Year: 2014-15
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-education 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: MATH 105 with a C-grade or better or MATH 111 or MATH 120 or permission of instructor

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 of directed electives 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 320  Special Topics in Exercise Science (3) PR: Junior standing
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 401  Independent Study (PR: EXSC 201 or PEHD 201; 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
HEAL 442  Healthy Aging (3) PR: BIOL 201, 202, and junior standing
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 101  General Chemistry (3) PR: None; CO: CHEM 101L
☐ CHEM 101L  General Chemistry Lab (1) CO: CHEM 101
OR
☐ 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
☐ CHEM 111L  Principles of Chemistry Lab (1) CO: CHEM 111
☐ PHYS 101  Introductory Physics (3) PR: None; CO or PR: PHYS 101L
☐ PHYS 101L  Introductory Physics Lab (1) CO: PHYS 101

AND

☐ CHEM 102  Organic and Biological Chemistry (3) PR: CHEM 101 and 101L; CO: CHEM 102L
☐ CHEM 102L  Organic and Biological Chemistry Lab (1) CO: CHEM 102
OR
☐ CHEM 112  Principles of Chemistry (3) PR: CHEM 111 and 111L; CO: CHEM 112L
☐ CHEM 112L  Principles of Chemistry Lab (1) CO: CHEM 112
OR
☐ PHYS 102  Introductory Physics II (3) PR: PHYS 101 or PHYS 111 or HONS 157; CO: PHYS 102L
☐ PHYS 102L  Introductory Physics Lab (1) CO: PHYS 102