Exercise Science Major Requirements
Catalog Year: 2015-16
Degree: Bachelor of Science
Credit Hours: 69+

“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-edu 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
☐ PEHD 458 Organization and Administration in Health and Human Performance (3) PR: EXSC 201 or PEHD 201; senior standing

At least 3 credit hours from the following:

☐ ____________

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 (4) PR: EXSC 340; or instructor permission.
EXSC 444 Scientific Writing and Data Analysis (3) PR: Senior standing
EXSC 497 Mentored Research (3) PR: None.

At least 21 additional credit hours of directed electives from the following:

☐ ____________  ☐ ____________  ☐ ____________  ☐ ____________

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
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Prerequisites/Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXSC 320</td>
<td>Special Topics in Exercise Science (3) PR: Junior standing</td>
<td></td>
</tr>
<tr>
<td>EXSC 322</td>
<td>Chronic and Communicable Disease (3) PR: None</td>
<td></td>
</tr>
<tr>
<td>EXSC 438*</td>
<td>Advanced Topics in Resistance Training and Conditioning (3) PR: BIOL 201, 202; EXSC 340; or instructor permission.</td>
<td></td>
</tr>
<tr>
<td>EXSC 439*</td>
<td>Advanced Topics in Exercise Physiology (4) PR: EXSC 340; or instructor permission.</td>
<td></td>
</tr>
<tr>
<td>EXSC 401</td>
<td>Independent Study (1-3) PR: EXSC 201 or PEHD 201; instructor permission</td>
<td></td>
</tr>
<tr>
<td>EXSC 444*</td>
<td>Scientific Writing and Data Analysis (3) PR: Senior standing</td>
<td></td>
</tr>
<tr>
<td>EXSC 497*</td>
<td>Mentored Research (3) PR: None.</td>
<td></td>
</tr>
<tr>
<td>HEAL 216</td>
<td>Personal &amp; Community Health (3) PR: None</td>
<td></td>
</tr>
<tr>
<td>HEAL 333</td>
<td>Sports and Exercise Nutrition (3) PR: BIOL 201</td>
<td></td>
</tr>
<tr>
<td>HEAL 442</td>
<td>Healthy Aging (3) PR: BIOL 201, 202, and junior standing</td>
<td></td>
</tr>
<tr>
<td>PEHD 235</td>
<td>Motor Learning (3) PR: None</td>
<td></td>
</tr>
<tr>
<td>PEHD 355</td>
<td>Sports Psychology (3) PR: EXSC 201 or PEHD 201; PSYC 103; or instructor permission</td>
<td></td>
</tr>
</tbody>
</table>

**NOTE:** *If not used to satisfy above requirement.*

**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):**

- **OR**
  - CHEM 101 General Chemistry (3) PR: None; CO: CHEM 101L
  - CHEM 101L General Chemistry Lab (1) CO: CHEM 101
  - CHEM 111 Principles of Chemistry (3) PR or CO: Unless students exempt MATH 111 (via diagnostic testing) or have completed this course as a prerequisite, 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
  - CHEM 112 Principles of Chemistry (3) PR: CHEM 111 and 111L; CO: CHEM 112L
  - CHEM 112L Principles of Chemistry Lab (1) CO: CHEM 112
  - 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