

**BS Exercise Science  
Degree Checklist**

Name \_\_\_\_\_  
Date entered USC \_\_\_\_\_

**I. Carolina Core and Arnold School College Core**

|       | Carolina Core Competency (minimum hours)                                   | Arnold School College Core BS requirements  | Courses Taken/Term Completed  |
|-------|--|---|---|
| CMW   | Persuasive Communication: Writing (6)                                      | ENGL 101<br>ENGL 102<br>(6)   | ENGL 101 _____<br>ENGL 102 _____  |
| ARP   | Analytical Reasoning/ Problem Solving (6)                                  | MATH 122<br>STAT 201 or 205<br>(6)  | MATH 122 _____<br>STAT _____  |
| SCI   | Scientific Literacy (7)  | BIOL 101/101L<br>BIOL 102/102L<br>CHEM 111/111L<br>PHYS 201/201L<br>CHEM 112/112L or<br>PHYS 202/202L<br>(20) | BIOL 101 _____<br>BIOL 101L _____<br>BIOL 102 _____<br>BIOL 102L _____<br>CHEM 111 _____<br>CHEM 111L _____<br>PHYS 201 _____<br>PHYS 201L _____<br>_____ |
| GFL   | Global Citizenship and Multicultural Understanding: Foreign Language (0-6) | Proficiency through 110 in language (0-6)   | Placement Test _____<br>_____<br>_____  |
| GHS   | Global Citizenship and Multicultural Understanding: History (3)            | Any Carolina Core HIS class (3)   | _____   |
| GSS   | Global Citizenship and Multicultural Understanding: Social Science (3)     | PSYC 101<br>SOCY 101<br>(6)   | PSYC 101 _____<br>SOCY 101 _____  |
| AIU   | Aesthetic and Interpretive Understanding (3)                               | Any Carolina Core AIU class (3)   | _____   |
| CMS   | Persuasive Communication: Speech (3)+                                      | Any Carolina Core CMS class (3)   | _____   |
| INF   | Information Literacy (3)+  | Any Carolina Core INF class (3)   | _____   |
| VSR   | Values, Ethics, Social Responsibility (3)+                                 | Any Carolina Core VSR class (3)   | _____   |
|       | Additional ASPH College Requirements                                       | PUBH 102<br>UNIV 101<br>(6)   | PUBH 102 _____<br>UNIV 101 _____  |
| Total | 31 – 43 credit hours   | 53 – 65 credit hours  | Total hours   |

## II. Exercise Science Core Requirements (28 hours)

| Course  | Term Completed |
|---|----------------|
| EXSC 191 Physical Activity and Health (3hrs)        |                |
| EXSC 223 Anatomy and Physiology I (3hrs)            |                |
| EXSC 223L Anatomy and Physiology I Lab (1hr)        |                |
| EXSC 224 Anatomy and Physiology II (3hrs)           |                |
| EXSC 224L Anatomy and Physiology II Lab (1hr)       |                |
| EXSC 351 Acquisition of Motor Skills (3hrs)         |                |
| EXSC 530 Physiology of Muscular Activity (3hrs)     |                |
| EXSC 530L Physiology of Muscular Activity Lab (1hr) |                |
| EPID 410 Principles of Epidemiology (3hrs)          |                |
| EXSC 401-Practicum Prep course (1 hr)               |                |
| EXSC 444- Practicum Experience (6 hrs)              |                |

## III. EXSC Cognate Courses (12)

| EXSC Courses (12 credit hours) | Term Completed |
|--------------------------------|----------------|
|                                |                |
|                                |                |
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|                                |                |

## IV. Cognate (12)

| Advisor Approval required<br>300+ level courses<br>(12 credit hours) | Term Completed |
|--|----------------|
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|  |                |
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Check prerequisites before enrolling in courses  
Must receive a C or higher in all EXSC and Cognate courses

### DEGREE CHECKLIST

- \_\_\_\_\_ Carolina Core/ASPH requirements (53-65)
- \_\_\_\_\_ Exercise Science Core (28)
- \_\_\_\_\_ Selective Courses (12)
- \_\_\_\_\_ Cognate (12)
- \_\_\_\_\_ Elective
- \_\_\_\_\_ Minor (if applicable)
- \_\_\_\_\_ 120 Credit Hours

### EXSC Cognate Courses

- EXSC 303 Perceptual Motor Development
- EXSC 410 Psychology of Physical Activity
- EXSC 454 Health/Fitness Programs
- EXSC 499 Independent Study
- EXSC 507 Exercise, Sport, and Nutrition
- EXSC 531/L Clinical Exercise Physiology
- EXSC 535 Biomechanics of Human Movement
- EXSC 541 Physiology Basis for Strength and Conditioning
- EXSC 555 Current Topics in Exercise Science
- EXSC 563 Physical Activity/Physical Dimensions of Aging
- EXSC 585 Women's Health and Physical Activity
- EXSC 620 Nutrition and Immunology
- EXSC 666 Cardiorespiratory Exercise Physiology
- EXSC 669 Skeletal Muscle Physiology: Form and Function
- EXSC 695 Writing and Presenting in Research

### Free Elective Courses

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