

Your Four Year Plan

Year One

Get acquainted with the exercise and sports science faculty. Complete EXSC A198 and other recommended courses. Join a club or organization. Get involved with the campus community. Schedule a meeting with both your advisor and an Exercise and Sports Science faculty member.

Year Two

In the fall continue to complete Exercise and Sports Science and other general education requirements. Schedule a meeting with your faculty advisor early in the semester to get to know them and about the department. Those interested in a strong research background should speak with their professors and advisor about our undergraduate research program. For those who are on a pre-professional track be sure to check in with your advisor regarding courses that you can take to ensure you are on track for your desired goals. Be sure to be attending two ICE events per semester.

Year Three

For those who are on a pre-professional track, be sure to speak with your faculty advisor about programs that you are interested in, and ensure you meet required deadlines and take the required exams for admittance. By this point you should be connected with a local industry to complete an internship in your field of study, and in an area that you wish to work post-graduation. Keep engaged with campus organizations and with campus activities. You should have completed half of your ICE events by this point. Your WPP will be due this spring, ensure you have that prepared.

Year Four

At this time you should be completing your degree. Check in with your advisor to ensure that you are on track for your desired graduation (Spring, Summer, Fall). They should work with you to complete your graduation application. Complete your ICE events this year, and schedule an appointment with career services to line up employment or graduate school (if you have not already) during this year.

Bachelor of Science

Exercise & Sports Science

Health and Fitness Management Concentration



U of SC Aiken

Exercise and Sports
Science

Information about the Major

The Bachelor of Science degree in Exercise Science and Sports Science is a challenging major with concentration options in health and fitness management, basic sciences, and allied health. In health and fitness management, a six credit hour internship is required and upon completion of the major degree requirements a minor degree in business administration is also awarded. In basic sciences, instruction in research methods is provided and research experiences are available. In allied health, a three credit hour field experience or certification preparation is required. For each concentration, along with classroom instruction, the student is provided with learning opportunities in the Exercise Physiology Laboratory, the UofSC Aiken Wellness Center, Athletics, and off-campus sites.



Upon completion of the Bachelor of Science degree, the graduate is prepared to seek a career in, exercise, health, wellness, rehabilitation, or to continue their education in specialized certification programs or graduate school programs such as physical therapy.

- Dr. Chris DeWitt, Department Chair

To learn more about the
Exercise & Sports Science
program visit us online.



U of SC Aiken

Exercise and Sports
Science

[https://www.usca.edu/
exercise](https://www.usca.edu/exercise)



Connect with
Collytte!

Academic Advising

Collytte Medders

Professional STEM Academic Advisor

Email: Collyttec@usca.edu

Office Phone: 803-643-6819

Name: _____

VIP ID: _____

General Education:		50-52 Hours	
Course Requirement	Credit Hours	Semester	Grade
ENGLISH			
ENGL A101– Composition *	3		
ENGL A102-Composition & Literature *	3		
History of Western Civilization (HIST A101 or A102)			
HIST A10__	3		
Foreign Language (6-8 hrs. of same language)			
*	3-4		
+	3-4		
Oral Communication (COMM A201 or A241)			
COMM A____*	3		
Mathematics (6 hrs.)			
MAT A111 Precalculus +	3		
STAT A201 Statistics +	3		
Social and Behavioral Sciences (6 hrs. —2 areas)			
PSYCH A101	3		
	3		
Humanities (9 hrs.—two different areas)			
	3		
	3		
	3		
American Political Institutions (POLI A201, HIST A201, OR HIST A202)			
	3		
Natural Sciences (8 hrs.)			
CHEM A101 or CHEM A111	4		
BIOL A121 or BIOL A122	4		
<i>Three hours from Social & Behavioral Sciences or Humanities must be in Non-Western Studies</i>			

The Center for Student Achievement

The staff in the Center for Student Achievement want you to be successful in your experience at USC Aiken. If there is something you need assistance with, please contact our office. The Center for Student Achievement is located on the first floor of the Gregg Graniteville Library behind the Learning Commons in suite 106.

Course Requirements–B.S. Exercise & Sports Science (Health & Fit. Man.): 2022—2023

Major Requirements:		40-47 Hours		
Core Requirements (41—42hours)	Credit Hours	Semester	Grade	
BIO A243 Anatomy and Physiology +*	4			
BIOL A244 Anatomy and Physiology	4			
EXSC A__ (Activity Course Requirement: Choose from listed courses below.)	1-2			
EXSC A101, A102, A106, A107, A120, A121, A123, A124, A140, A141, A142, A143, A204.				
EXSC A198 Foundations in Exercise & Sports Science	2			
EXSC A203 CPR & First Aid	1			
EXSC A225 Introduction to Athletic Training	3			
EXSC A239 Fitness Assessment and Exercise Leadership	3			
EXSC A311 Nutritional Aspects of Health, Fitness, and Sports Performance +	3			
EXSC A321 Anatomical & Biomechanical Kinesiology	3			
EXSC A323 Exercise Physiology & EXSC A323L	4			
EXSC A328 Electrocardiography +	3			
EXSC A337 Health & Behavior Change +	3			
EXSC A423 Exercise Testing + & EXSC A423L	4			
EXSC A424 Exercise Prescription +	3			

Health and Fitness Management		30-31 Hours		
Concentration Requirements:	Credit Hours	Semester	Grade	
EXSC A401 Management of Fitness Related Programs +	3			
EXSC A439 Internship in Fitness Management	6			
MGMT or EXSC __ (Choose from listed courses below).	3-4			
MGMT A374, A376, A378, A401, A442, A473, A477, A559; EXSC 332, 425, 426.				
Business Minor Required	Credit Hours	Semester	Grade	
BADM A225	3			
BADM A226	3			
BADM A350	3			
BADM A371	3			
ECON A221 & A222	6			

Inter-Curricular Events (ICE)		
Events for Graduation (16)		
1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	Shade in as you go!	

WPP Date:	
WPP Score:	

Non-Western Course (1 course)	
Semester:	

Writing-Intensive Courses	
Required for Graduation (3)	
Semester:	
Semester:	
Semester:	

Mark as you go!

*must pass course with "C" or
+pre-rec required

Academic Advisors	
Advisor One (Fill in below)	
Advisor Two (Fill in below)	