

# USCA DEPARTMENT OF EXERCISE AND SPORTS SCIENCE ADVISEMENT SHEET

ADVISOR: \_\_\_\_\_

Student: \_\_\_\_\_ Student #: \_\_\_\_\_

Phone: \_\_\_\_\_ Applicable Bulletin: \_\_\_\_\_

Area of Concentration: \_\_\_\_\_ Transferred From: \_\_\_\_\_

MATH 108\* \_\_\_\_\_ WPP \_\_\_\_\_ WI \_\_\_\_\_ ICE \_\_\_\_\_

\*If necessary

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## I. GENERAL EDUCATION REQUIREMENTS

COURSE	NUMBER	DESCRIPTION	HRS	SEM	GRADE
<b>Group I: Skills &amp; Competencies (22-24 hours)</b>					
ENGL	101	Composition	3	_____	_____
ENGL	102	Composition & Literature	3	_____	_____
MATH	111 or higher	_____	3	_____	_____
		Statistics	3	_____	_____
COMM	201 or 241	Communications	3	_____	_____
Second Language (2 semesters of the same introductory language)			3-4	_____	_____
		_____	3-4	_____	_____
		_____	3-4	_____	_____
<b>Group II: Methods &amp; History of Disciplines (29 hours)</b>					
BIOL	_____	Biology 121** or 122**	4	_____	_____
CHEM	_____	Chemistry 101 or 111**	4	_____	_____
**Required in Basic Sciences Concentration					
Social/Behavioral Sciences – PSYC 101 and an additional 3 hours in one other area (Anthropology, Economics, Geography, Political Science, or Sociology)					
PSYC	101	Introductory Psychology	3	_____	_____
_____	_____	_____	3	_____	_____
Humanities*** (9 hours in at least 2 areas)					
<b>***Humanities:</b>					
ARTH105,106,206,251,312,335,397,398.COMM351,352,353,450,455,462.ENGL262,281,282,283,284,285,288,289,290,291,295,301,362,385,389,390,391,392,393,394,401,405,407,411,412,415,416,417,419,423,424,425,426,427,428,430,431,434,425,449,474,491,494.FREN302,303,305,306,307,388,397,398,399.AGER303,305,395,397,398,399.SPAN303,398,319,320,321,340,380,388,397,399,426,488,498.HIST.....HONS101.HSSI107,201,202,211,301.MUSC173,175,371,372,373,393.PHIL102,211,302,303,304,311,312,390,399.RELG101,103,301,302,390,399.ATHE161,361,362.					
_____	_____	_____	3	_____	_____
_____	_____	_____	3	_____	_____
_____	_____	_____	3	_____	_____
HIST	101 or 102	History of Civilization	3	_____	_____
POLI	201, HIST 201 or 202	American Political Institutions	3	_____	_____

**Hours Required = 50-52\*\*\*\***

**\*\*\*\*At least 3 credit hours must be in Non-Western World Studies (The non-western credit hours can be from Humanities, Social/Behavioral Sciences, or additional elective courses):**

ARTH397.ANTH102,315,352,490.COMM450.ENGL291,385,385,435.FREN303,306,388.SPAN303,320,321,380,388,397,426,488.GEOG102.HIST345,346,347,361,362,366,423,447,492.MUSC175.POLI101,103,330,344,487,488,492.RELG103.SOCY310.

## II. EXERCISE & SPORTS SCIENCE **CORE** REQUIREMENTS

COURSE	NUMBER	DESCRIPTION	HRS	SEM	GRADE
BIOL	243	Anatomy & Physiology I	4	_____	_____
BIOL	244	Anatomy & Physiology II	4	_____	_____
EXSC	_____	Activity Course (101, 102, 106, 107, 120, 121, 123, 124, 140, 141, 142, 143, or 204)	1-2	_____	_____
EXSC	198	Foundations in Exercise Science	2	_____	_____
EXSC	203	CPR & First Aid	1	_____	_____
EXSC	225	Fund. Concepts of Athl. Training	3	_____	_____
EXSC	239	Fit. Assess. & Ex. Leadership	3	_____	_____
EXSC	311	Sports Nutrition	3	_____	_____
EXSC	321	Anat. & Biom. Kinesiology	3	_____	_____
EXSC	323	Exercise Physiology	3	_____	_____
EXSC	323L	Exercise Physiology Lab	1	_____	_____
EXSC	328	Electrocardiography	3	_____	_____
EXSC	337W	Health & Behavior Change	3	_____	_____
EXSC	423	Exercise Testing	3	_____	_____
EXSC	423L	Exercise Testing Lab	1	_____	_____
EXSC	424	Exercise Prescription	3	_____	_____

**Hours required = 41-42**

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## III. EXERCISE AND SPORTS SCIENCE CONCENTRATION REQUIREMENTS (One area of concentration required)

### Health and Fitness Management Concentration:

BADM	225	Fundamentals of Accounting I	3	_____	_____
BADM	226	Fundamentals of Accounting II	3	_____	_____
BADM	350	Marketing	3	_____	_____
BADM	371	Principles of Management	3	_____	_____
ECON	221	Macroeconomics	3	_____	_____
ECON	222	Microeconomics	3	_____	_____
Select one course from the following list:			3-4	_____	_____
MGMT	374, 376, 378, 401, 442, 473, 477, 559				
EXSC	322, 425, 426				
EXSC	401W	Management of Fitness Programs	3	_____	_____
EXSC	439	Internship in Fitness Mgmt	6	_____	_____

**Hours required = 30-31**

**Total hours required = 121-125**

COURSE	NUMBER	DESCRIPTION	HRS	SEM	GRADE
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**Basic Sciences Concentration:**

BIOL	122	Biological Sciences II	4	_____	_____
CHEM	112	General Chemistry II	4	_____	_____
PHYS	201	General Physics I	4	_____	_____
		Science Electives	11	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Recommended courses include BIOL A250, A302, A330; CHEM A331 and A331L; EXSC A201, A322, A425, A426, A499; MATH A122, A141; PHYS A202; PSYC A310, A320, A480.

Other 200-level or higher courses from BIOL, CHEM, EXSC, MATH, PHYS, PSYC may be approved by the department to meet this requirement.

EXSC	458W	EXSC Research Methods	3	_____	_____
EXSC	459W or 499	EXSC Research	3	_____	_____

**Hours required = 29**

**Total hours required = 120-123**

**Allied Health Concentration:**

EXSC	201	Medical Terminology	3	_____	_____
EXSC	440W	Topics in Allied Health	3	_____	_____
EXSC	441	Field Experience	3	_____	_____

Select two courses from the following list: 6-8

EXSC A322, EXSC A425, EXSC A426, PHYS A201, Laboratory Science Elective.

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

If the 6-hour option is used, 14 free elective hours are required.

If the 7-hour option is used, 13 free elective hours are required.

If the 8-hour option is used, 12 free elective hours are required.

_____	_____	Free Electives	12-14	_____	_____
_____	_____			_____	_____
_____	_____			_____	_____
_____	_____			_____	_____

**Hours required = 29**

**Total hours required = 120-123**

**In-residence Requirement:**

The last 25% of the credit hours for a student's degree must be completed in residence at the University of South Carolina Aiken. In addition, at least half of the credit hours in the student's major and half of the credit hours in the student's minor (if applicable) must be taken at USC Aiken.