

Bachelor of Science in Exercise and
Sports Science
Concentration in Allied Health



Exercise and Sports Science
University of South Carolina Aiken

First Year					
1st Semester (16 hrs)			2nd Semester (15 hrs)		
Course	Title	hrs	Course	Title	hrs
ENGL A101*	Composition	3	ENGL A102*	Composition and Literature	3
MATH A111 or MATH A22	Precalculus I or Survey of Calculus with Applications	3	EXSC A203	CPR and First Aid	1
EXSC A198	Intro to Exercise & Sports Sci	3	EXSC A225	Introduction to Athletic Training	3
BIOL A243	Anatomy & Physiology I w/ Lab	4	CHEM A101	Introduction to Chemistry	4
PSYC A101	Introduction to Psychology	3	BIOL A244	Anatomy & Physiology II w/ Lab	4
1st Semester (15 hrs)			2nd Semester (13/14 hrs)		
Course	Title	hrs	Course	Title	hrs
EXSC A239	Fitness Assessment	3	EXSC A201	Medical Terminology	3
STAT A201	Elementary Statistics	3	EXSC A1XX	Activity Course	1
GEN ED	COMM A201, COMM A241	3	GEN ED	Humanities	3
GEN ED	Humanities	3	GEN ED	POLI A201, HIST A201/A202	3
ELEC	Elective	3	ELEC	Lab Science Elective	3/4
Third Year					
1st Semester (15 hrs)			2nd Semester (16-17 hrs)		
Course	Title	hrs	Course	Title	hrs
EXSC A311	Nutritional Aspects	3	EXSC A323/A323L	Exercise Physiology	4
EXSC A337	Health and Behavior Change	3	EXSC A321	Anatomical & Biomechanical	3
EXSC A328	Electrocardiography	3	ELEC	Lab Science Elective	3/4
GEN ED	HIST A101, HIST A102	3	ELEC	Elective	3
ELEC	Elective	3	ELEC	Elective	3
Fourth Year					
1st Semester (16 hrs)			2nd Semester (15 hrs)		
Course	Title	hrs	Course	Title	hrs
EXSC A423/A423L	Exercise Testing	4	EXSC A424	Exercise Prescription	3
EXSC A440	Topics in Allied Health	3	EXSC A441	Internship	3
ELEC	Elective	3	ELEC	Elective	3
ELEC	Elective	3	ELEC	Elective	3
ELEC	Elective	3	ELEC	Elective	3