

Bachelor of Science in Exercise and  
Sports Science  
Concentration in Basic Sciences



**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 A111	General Chemistry I	4
PSYCA101	Introduction to Psychology	3	BIOL A244	Anatomy & Physiology II w/ Lab	4
Second Year					
1st Semester (16 hrs)			2nd Semester (14 hrs)		
Course	Title	hrs	Course	Title	hrs
EXSC A239	Fitness Assessment	3	EXSC A321	Anatomical & Biomechanical	3
STAT A201	Elementary Statistics	3	EXSC A1XX	Activity Course	1
GEN ED	COMM A201, COMM A241	3	GEN ED	Humanities	3
CHEM A112	General Chemistry II	4	GEN ED	POLI A201, HIST A201/A202	3
ELEC	Science Elective	3/4	BIO A121/A122	Biological Science I or II	4
Third Year					
1st Semester (17 hrs)			2nd Semester (16-18 hrs)		
Course	Title	hrs	Course	Title	hrs
EXSC A311	Nutritional Aspects	3	EXSC A323/A323L	Exercise Physiology	4
EXSC A328	Electrocardiography	4	ELEC	Humanities	3
GEN ED	HIST A101, HIST A102	3	ELEC	Science Elective	3/4
PHYS A201	General Physics I	4	ELEC	Science Elective	3/4
ELEC	Elective	3	ELEC	Elective	3
Fourth Year					
1st Semester (13 hrs)			2nd Semester (15 hrs)		
Course	Title	hrs	Course	Title	hrs
EXSC A423/A423L	Exercise Testing	4	EXSC A424	Exercise Prescription	3
EXSC A458	Research Methods in Exercise & Sports Science	3	EXSC A459/A499	Research in Exercise & Sports Science	3
EXSC A337	Health and Behavior Change	3	ELEC	Elective	3
ELEC	Elective	3	ELEC	Elective	3
			ELEC	Elective	3