

Bachelor of Science in Exercise and
Sports Science
Concentration in Fitness Management



Exercise and Sports Science
University of South Carolina Aiken

First Year

1st Semester (16 hrs)			2nd Semester (14 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 Calculus I with Applications	3	EXSC A225	Introduction to Athletic Training	3
EXSC A198	Intro to Exercise & Sports Sci	3	CHEM A101	Introduction to Chemistry	4
BIOL A243	Anatomy & Physiology I w/ Lab	4	BIOL A244	Anatomy & Physiology II w/ Lab	4
PSYC A101	Introduction to Psychology	3			

Second Year

1st Semester (15 hrs)			2nd Semester (14 hrs)		
Course	Title	hrs	Course	Title	hrs
EXSC A239	Fitness Assessment	3	EXSC A1XX	Activity Course	1
STAT A201	Elementary Statistics	3	GEN ED	Humanities	3
GEN ED	COMM A201, COMM A241	3	GEN ED	POLI A201, HIST A201/A202	3
GEN ED	Humanities	3	BADM A226	Managerial Accounting	3
BADM A225	Financial Accounting	3	EXSC A203	CPR and First Aid	1
			ELEC	Elective	3

Third Year

1st Semester (15 hrs)			2nd Semester (16 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	BADM A371	Principles of Management &	3
GEN ED	HIST A101, HIST A102	3	ECON A221	Macroeconomics	3
BADM A350	Principles of Marketing	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
ELEC	Elective	3	EXSC A439	Internship in Health & Fitness	3
ECON A222	Microeconomics	3	ELEC	Concentration Elective Course	3/4
EXSC A401	Mgmt. of Fitness Programs	3	ELEC	Elective	3
EXSC A439	Internship in Health & Fitness	3	ELEC	Elective	3