UNIVERSITY OF South Carolina

This course plan is a recommended sequence for this major. Courses designated as critical (!) may have a deadline for completion and/or affect time to graduation. Please see the Program Notes section for details regarding "critical courses" for this particular Program of Study.

Critical	Course Subject and Title	Credit Hours	Min. Grade[1]	Major GPA[2]	Code	Prerequisites	Notes
Semester One (15-16 Credit Hours)							
	ENGL 101 Critical Reading and Composition	3	C		CC-CMW		
	MATH 122 Calculus for Bus. Admin. & Soc. Sci. *or* MATH 141 Calculus I[3]	3	C		CC-ARP	C or better in MATH 111/111I/115 *(MATH 122)*; C or better in MATH 112/115/116 *(MATH 141)*; *or* Math placement test score	
	PSYC 101 Introduction to Psychology	3	C		CC-GSS		
	BIOL 101 & 101L – Biological Principles I	4	C		CC-SCI		
	UNIV 101 The Student in the University	3	C		CR		
Semester Two (17 Credit Hours)							
	ENGL 102 Rhetoric and Composition	3	C		CC-CMW CC-INF	C or better in ENGL 101	
	BIOL 102 & 102L Biological Principles II	4	C		CC-SCI		
	CHEM 111 & 111L General Chemistry I	4	C		PR	C or better in MATH 111/115/122/141 or higher math	
	SOCY 101 Introductory Sociology	3	C		CR		
	Carolina Core Requirement[4]	3			CC		
Semester Three (14-15 Credit Hours)							
	EXSC 191 Physical Activity and Health	3	C		CR		
	EXSC 223 & 223L Anatomy & Physiology I	4	C		MR	ENGL 102, BIOL 102/L, CHEM 111/L, MATH 122 or 141	
	PHYS 201 & 201L General Physics I	4	C		PR	C or better in MATH 111/111i/112/ 115/116/122/141 *or* higher	
	Foreign language[5] *or* other Carolina Core Requirement[4]	3-4			CC-GFL		
Semester Four (17 Credit Hours)							
	EXSC 224 & 224L Anatomy & Physiology II	4	C		MR	C or better in EXSC 223 & 223L	
	STAT 201 Elementary Statistics *or* STAT 205 Elem. Stats. for the Bio. & Life Sci.	3	C		CC-ARP	MATH 111 or 115 or STAT 110 *(STAT 201)*; MATH 111 or higher *(STAT 205)*	
	CHEM 112 & 112L General Chemistry II *or* PHYS 202 & 202L General Physics II	4	C		PR	C or better in CHEM 111 & MATH 111/115/122/141 *or* higher math *(CHEM 112/L)*; C or better in PHYS 201 *(PHYS 202/L)*	
	Cognate Course[6] *(300-level or above)*	3	C		PR	See course listing in Bulletin.	
	Foreign language[5] *or* other Carolina Core Requirement[4]	3			CC-GFL		
Semester Five (16 Credit Hours)							
	EXSC 351 Acquisition of Motor Skills	3	C		MR	C or better in EXSC 223/L & 224/L	
	EXSC 330 & 330L Exercise Physiology	4	C		MR	C or better in EXSC 224/L	
	Cognate Course[6] *(300-level or above)*	3	C		PR	See course listing in Bulletin.	
	Cognate Course[6] *(300-level or above)*	3	C		PR	See course listing in Bulletin.	
	Carolina Core Requirement[4] *or* Approved Elective[7]	3			CC/PR		
Semester Six (15 Credit Hours)							
	PUBH 302 Introduction to Public Health	3	C		CR		
	EXSC 335 Biomechanics of Human Movement *or* EXSC 410 Principles of Epidemiology	3	C		MR	C or better in EXSC 224/L, PHYS 201/L *(EXSC 335)*; PSYC 101 *(EXSC 410)*	
	EXSC Cognate Course[8] *(300-level or above)*	3	C		PR	See course listing in Bulletin.	
	Cognate Course[6] *(300-level or above)*	3	C		PR	See course listing in Bulletin.	
	Carolina Core Requirement[4] *or* Approved Elective[7]	3			CC/PR		
Semester Seven (13 Credit Hours)							
	EXSC 401 Practicum Preparation	1	C		MR	C or better in EXSC 330	
	EPID 410 Principles of Epidemiology	3	C		CR	Prereq or Coreq: STAT 201 *or* 205	
	EXSC Cognate Course[8] *(300-level or above)*	3	C		PR	See course listing in Bulletin.	
	Carolina Core Requirement[4] *or* Approved Elective[7]	3			CC/PR		
	Carolina Core Requirement[4] *or* Approved Elective[7]	3			CC/PR		
Semester Eight (12 Credit Hours)							
	EXSC 444 Exercise Science Practicum	6	C		MR CC-INT	EXSC 401	
	EXSC Cognate Course[8] *(300-level or above)*	3	C		PR	See course listing in Bulletin.	
	EXSC Cognate Course[8] *(300-level or above)*	3	C		PR	See course listing in Bulletin.	

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Graduation Requirements Summary

Minimum Total Hours	Minimum Major Requirements Hours	College & Program Requirements Hours	Carolina Core Hours	Minimum Institutional GPA
120	25	51-63	32-44	2.000

1. Regardless of individual course grades, students must maintain a minimum 2.000 cumulative GPA.
2. Some colleges require a minimum GPA for major courses. Courses indicated in this column are included in the major GPA for this program of study.
3. Students who do not place into MATH 122 or 141 must complete the required prerequisite before proceeding with MATH 122 or 141.
4. The Carolina Core provides the common core of knowledge, skill and academic experience for all Carolina undergraduate students.
5. Students in the Arnold School of Public Health are required to demonstrate proficiency in one foreign language equivalent to the 110 course through course credit or the corresponding foreign language placement score.
6. Each student must complete a cognate of 12 credit hours each. The cognate is intended to support the course work in the major. Depending on student interests, cognate courses may be selected from one or several units. Courses applied toward Carolina Core requirements, EXSC major courses, or EXSC cognate courses cannot be counted toward the cognate. All cognate courses must be approved by the student's academic advisor.
7. Students in Public Health must complete a minimum of 120 credit hours. Depending on specific course choices, students must complete an appropriate number of elective courses.
8. Each student must complete an EXSC cognate of 12 credit hours. The cognate is intended to support the course work in the major and enhance the student's area of interest. EXSC major requirement courses may not count towards the cognate. All EXSC cognate courses must be approved by the student's academic advisor.

Program Notes:

- Students majoring in Exercise Science may pursue minors offered by other units. In completing a minor, students may apply advisor-approved courses to both the minor and cognate, or elective requirements. Courses applied as college requirements may also be used in the minor.
- All undergraduate students must take a 3-credit course or its equivalent with a passing grade that covers the founding documents. This course may fulfill any requirement in the program of study. Courses that meet this requirement are listed in the academic bulletin.
- The last 30 credit hours toward your degree must be earned in residence at the University of South Carolina-Columbia.

Codes:			
CC	Carolina Core	**CC-INF**	Carolina Core – Information Literacy
CC-AIU	Carolina Core-Aesthetic and Interpretive Understanding	**CC-INT**	Carolina Core – Integrative Course
CC-ARP	Carolina Core-Analytical Reasoning and Problem-Solving	**CC-SCI**	Carolina Core – Scientific Literacy
CC-CMS	Carolina Core-Effective, Engaged, and Persuasive Communication: Spoken Component	**CC-VSR**	Carolina Core – Values, Ethics, and Social Responsibility
CC-CMW	Effective, Engaged, and Persuasive Communication: Written Component	**CR**	College Requirement
CC-GFL	Carolina Core-Global Citizenship and Multicultural Understanding: Foreign Language	**MR**	Major Requirement
CC-GHS	Carolina Core – Historical Thinking	**PR**	Program Requirement
CC-GSS	Carolina Core – Social Sciences		

Disclaimer: Major maps are only a suggested or recommended sequence of courses required in a program of study. Please contact your academic advisor for assistance in the application of specific coursework to a program of study and course selection and planning for upcoming semesters.