# BS Exercise Science
## Degree Checklist

Name __________________________  
Date entered USC ________________

## I. Carolina Core and Arnold School College Core

<table>
<thead>
<tr>
<th>Competency</th>
<th>Arnold School College Core BS requirements</th>
<th>Courses Taken/Term Completed</th>
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</thead>
</table>
| CMW        | Persuasive Communication: Writing (6)  | ENGL 101  
ENGL 102  |
| ARP        | Analytical Reasoning/Problem Solving (6) | MATH 122  
STAT 201 or 205  |
| SCI        | Scientific Literacy (7)  | BIOL 101/101L  
BIOL 102/102L  
CHEM 111/111L  
PHYS 201/201L  
CHEM 112/112L or PHYS 202/202L  |
| GFL        | Global Citizenship and Multicultural Understanding: Foreign Language (0-6)  | Proficiency through 110 in language  |
| GHS        | Global Citizenship and Multicultural Understanding: History (3)  | Any Carolina Core HIS class |
| GSS        | Global Citizenship and Multicultural Understanding: Social Science (3)  | PSYC 101  
SOCY 101  |
| AIU        | Aesthetic and Interpretive Understanding (3)  | Any Carolina Core AIU class |
| CMS        | Persuasive Communication: Speech (3)+  | Any Carolina Core CMS class |
| INF        | Information Literacy (3)+  | Any Carolina Core INF class |
| VSR        | Values, Ethics, Social Responsibility (3)+  | Any Carolina Core VSR class |
|            | Additional ASPH College Requirements  | PUBH 102  
UNIV 101  |

Total 31 – 43 credit hours  
46 – 58 credit hours

Total hours

Revised 9/3/2014  
+ Can be met through another designated Carolina Core overlay Course
## II. Exercise Science Core Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Term Completed</th>
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<tbody>
<tr>
<td>EXSC 191 Physical Activity and Health (3hrs)</td>
<td></td>
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<tr>
<td>EXSC 223 Anatomy and Physiology I (3hrs)</td>
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<tr>
<td>EXSC 223L Anatomy and Physiology I Lab (1hr)</td>
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<tr>
<td>EXSC 224 Anatomy and Physiology II (3hrs)</td>
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<tr>
<td>EXSC 224L Anatomy and Physiology II Lab (1hr)</td>
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<tr>
<td>EXSC 351 Acquisition of Motor Skills (3hrs)</td>
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<tr>
<td>EXSC 530 Physiology of Muscular Activity (3hrs)</td>
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<tr>
<td>EXSC 530L Physiology of Muscular Activity Lab (1hr)</td>
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<tr>
<td>Social Science Elective (3hrs) (Choose from one of the following courses: AFAM, ANTH, ECON, GEOG, LASP, POLI, PSYC (other than 101 &amp; 420), SOCY (other than 101), SOST, WGST)</td>
<td></td>
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<tr>
<td>EPID 410 Principles of Epidemiology (3hrs)</td>
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### III. Scientific Foundations Core Courses

#### Natural Sciences | Term Completed
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PHYS 201 General Physics I |               
PHYS 201L General Physics I Lab |               
CHEM 112 General Chemistry II |               
CHEM 112L General Chemistry Lab II |               
CHEM 333 Organic Chemistry I |               
CHEM 331L Organic Chemistry Lab I |               
CHEM 334 Organic Chemistry II |               
CHEM 332L Organic Chemistry Lab II |               
BIOL 302 Cell & Molec Biol |               
BIOL 302L Cell & Molec Biol Lab |               
EXSC 483/499 Internship/Independent Study |               

#### Selectives (need 12 credit hours) | Term Completed
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### DEGREE CHECKLIST

- Carolina Core/ASPH requirements
- Exercise Science Core
- Track Specific courses
- Minor (if applicable)
- 120 Credit Hours

### Scientific Foundations Selective Courses

You MUST choose a minimum of 6 credit hours from 500 or 600 level EXSC courses:

- EXSC 507 Exercise, Sport, and Nutrition
- EXSC 531/L Clinical Exercise Physiology
- EXSC 535/L Biomechanics of Human Movement
- EXSC 541 Phys. Basis for Strength and Conditioning
- EXSC 554 Current Topics in Exercise Science
- EXSC 555 Strength and Conditioning Cert.
- EXSC 620 Nutrition and Immunology
- EXSC 666 Cardiorespiratory Exercise Physiology
- EXSC 669 Skeletal Muscle Physiology: Form and Function
- EXSC 695 Writing and Presenting in Research

Any Remaining selective credit hours may be selected from the following courses:

- EXSC 410 Psychology of Physical Activity
- BIOL 250/L Microbiology
- BIOL 303 Fundamental Genetics
- CHEM 550/L Biochemistry
- COMD 500 Introduction to Speech-Language Pathology and Audiology
- CLAS 230 Medical Terminology
- HPEB 300 Intro to Health Prom, Educ, Behav
- HPEB 502 Nutrition
- PSYC 410 Abnormal Psychology
- PSYC 420 Developmental Psychology

### Elective Courses

(UNIV 401 Highly Recommended)