

EXERCISE SCIENCE GUIDED PATHWAY

Exercise science is the study of applied human movement and the responses and adaptations to human movement. The field is one of the most popular majors because of the variety of career options, with required courses in math, chemistry, anatomy and physiology, exercise physiology, biomechanics, psychology and behavior, nutrition, and exercise prescription and programming. Earn an Associate of Science from York Technical College and transfer to Winthrop University to earn your Bachelor of Science in Exercise Science, including a new 3+2 concentration to also earn a Master of Science in Athletic Training. Graduates will be qualified for jobs as an exercise physiologist, strength and conditioning specialist, community and corporate health promotion professional, or for enrollment in graduate programs in exercise science, physical therapy, occupational therapy, athletic training, public health, or nutrition.

TERM 1 at York Technical College		
Course		√
AHS 120: Responding to Emergencies	2	
BIO 210: Anatomy & Physiology I	4	
COL 101: College Orientation	1	
SFT 109: Lifetime Fitness and Wellness	3	
SFT 110: Weight Training Theory	3	
SFT 112: Cardiovascular & Flexibility Trn.	2	
SFT 125: Personal Trainer Techniques	3	
Total credits:	18	

TERM 2 at York Technical College		
Course		√
SFT 101: Introduction to Exercise Physiology	3	
SFT 105: Fitness Assessment and Exercise Program Design	3	
SFT 107: Nutrition for Fitness and Training	3	
SFT 201: Structural Kinesiology	3	
SFT 202: Internship for the Personal Trainer	3	
Total credits:	15	

TERM 3 at York Technical College		
Course		√
AHS 102: Medical Terminology	3	
AHS 116: Patient Care Relations	3	
BIO 211: Anatomy and Physiology II	4	
ENG 101: English Composition I	3	
MAT 110: College Algebra	3	
Total credits:	16	

TERM 4 at York Technical College		
Course		√
AHS 108: Nutrition	3	
AHS 135: Principles of Teaching Used in Health Care Settings	3	
HIS 102: Western Civilization Post 1689	3	
PSY 201: General Psychology	3	
Total credits:	12	

TERM 5 at Winthrop University		
Course		√
HMXP: The Human Experience. Who am I?	3	
BIOL 220/222: Principles of Cell and Molecular Biology and Laboratory	4	
PESH 242: Motor Learning and Control	3	
EXSC 385: Exercise Physiology Lab	1	
HIST 211: United States History to 1877	3	
CSCI 101 + labs A,B, and C	3	
Total credits:	17	

TERM 6 at Winthrop University		
Course		√
CRTW: Critical Reading, Thinking and Writing	3	
CHEM 105: General Chemistry	4	
EXSC 501: Organization & Administration of Physical Education & Sport	3	
HLTH 406: Exercise and Health Promotion	3	
EXSC 480: Exercise Testing & Prescription	3	
Total credits:	16	

TERM 7 at Winthrop University		
Course		√
EXSC 401: Psychology of Sport and Physical Activity	3	
PESH 381: Research Methods in Exercise and Physical Activity	3	
EXSC 511: Physical Activity for Special and Aging Populations	3	
EXSC 465: Strength and Conditioning	3	
EXSC 484/486: Exercise Physiology II and Laboratory	4	
Total credits:	16	

TERM 8 at Winthrop University		
Course		√
EXSC 492 or 493: Certification Seminar in Exercise Science	2	
EXSC 494: Portfolio in Exercise Science	1	
EXSC 496: Internship in Exercise Science	9	
Humanities & Arts or SPCH 201: Public Speaking	3	
Total credits:	15	

Advising Topics (at York Tech)	Term 1	Term 2	Year 1	Term 3	Term 4	Year 2
Monitor York Tech e-mail	*	*		*	*	
Schedule/ attend advising appointment & register for next semester classes through Navigate. https://yorktech.navigate.eab.com	*	*		*	*	
Build academic plan in Navigate Planner	*					
Create profile in the WU Credit Transfer Evaluator https://winthrop.transfer.degree/app/index.html	*					
Add YTC courses to WU Credit Transfer Evaluator to monitor degree progress	*	*		*	*	
Complete FAFSA. (YTC Code: 003996)			*			*
Maintain a cumulative GPA of 3.0 or higher to be eligible for WU transfer scholarships. Maintain 3.0 & 30 credit-hours for LIFE Scholarship	*		*			*
Apply for YTC scholarships www.yorktech.edu/Scholarships/			*			*
Attend WU Transfer Information Session https://www.winthrop.edu/admissions/visit-the-campus.aspx				*	*	
The semester before you plan to transfer to WU, complete the WU Transfer Application (apply.winthrop.edu/apply) and send your unofficial YTC transcript to WU					*	
Apply for YTC graduation					*	
When your final grades are posted for your last YTC classes, send your official transcript to WU.					*	
Advising Topics (at Winthrop)	Term 5	Term 6	Year 3	Term 7	Term 8	Year 4
Monitor Winthrop e-mail	*	*		*	*	
Schedule and attend advising appointment	*	*		*		
Declare a minor if applicable	*					
Review interim grades	*	*		*	*	
Track use of S/U and repeat options	*	*		*	*	
Track cultural events	*	*		*	*	
Maintain a 3.0 or higher GPA & 30 credit-hours per year for LIFE Scholarship			*			*
Complete HXCT 301 with a grade of C- or better			*			
Register for next semester classes	*	*		*		
Monitor progress on 40 credit hours above 299		*		*		
Monitor degree progress in Degree Works	*	*		*	*	
Apply online for graduation				*		