

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 Central Piedmont Community College and transfer to Winthrop University to earn your Bachelor of Science in Exercise Science. 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.

10/24

TERM 1 at Central Piedmont		
Course		√
ENG 111: Writing and Inquiry	3	
ACA 122: College Transfer Success	1	
MAT 171: Precalculus Algebra	4	
BIO 111: General Biology	4	
COM 231: Public Speaking	3	
Total credits:	15	

TERM 2 at Central Piedmont		
Course		√
ENG 112: Writing and Research in the Disciplines	3	
BIO 168: Anatomy and Physiology	4	
PSY 150: General Psychology	3	
ENG 231: American Lit, ENG 232: American Lit II, ENG 241: British Lit, or ENG 242: British Literature II	3	
HEA 110: Personal Health/Wellness	3	
Total credits:	16	

TERM 3 at Central Piedmont		
Course		√
BIO 169: Anatomy and Physiology II	4	
CHM 151: General Chemistry I	4	
HIS 111: World Civilizations, HIS 112: World Civilizations II, HIS 131: American History I, or HIS 132: American History II	3	
Humanities/Fine Arts	3	
Total credits:	14	

TERM 4 at Central Piedmont		
Course		√
SOC 210: Introduction to Sociology	3	
BIO 155: Nutrition	3	
MAT 152: Statistical Methods I	4	
General Education Elective	3	
General Education Elective	3	
Total credits:	16	

TERM 5 at Winthrop University		
Course		√
HXCT 301: Human Experience/CRTW	3	
EXSC 101: Introduction to Exercise Science	3	
PESH 102: Fitness Walking	1	
HLTH 406: Introduction to Health Promotion	3	
EXSC 384: Exercise Physiology & 385: Exercise Physiology Lab	4	
Elective	3	
Total credits:	17	

TERM 6 at Winthrop University		
Course		√
EXSC 208: Group Exercise Leadership	3	
PESH 201: First Aid and Cardiopulmonary Resuscitation	1	
EXSC 375: Biomechanics and Kinesiology	4	
PESH 381: Research Methods in Exercise and Physical Activity	3	
EXSC 480: Exercise Testing and Prescription	3	
Total credits:	14	

TERM 7 at Winthrop University		
Course		√
EXSC 465: Strength and Conditioning	3	
EXSC 501: Organization & Administration of Physical Education & Sport	3	
EXSC 484: Exercise Physiology II & 486: Exercise Physiology II Lab	4	
EXSC 401: Psychology of Sport and Physical Activity	3	
EXSC 511: Physical Activity for Special and Aging Populations	3	
Total credits:	16	

TERM 8 at Winthrop University		
Course		√
EXSC 492: Certification Seminar in Exercise Science: Exercise Physiologist or 493: Certification Seminar in Exercise Science: Strength & Conditioning	2	
EXSC 494: Portfolio in Exercise Science	1	
EXSC 496: Internship in Exercise Science	9	
Total credits:	12	