

2015 - 2016 Catalog

DEGREE PLANNING SHEET

Richard W. Riley College of Education

Exercise Science (120-123 credit hours)

**Department of Physical Education, Sport &
Human Performance**

FRESHMAN					
FALL SEMESTER					
COURSE	DESCRIPTION	S.H. CREDIT	Course Substitution	TERM TAKEN	GRADE
EXSC 101	Introduction to Exercise Science	3			
WRIT 101	Composition I	3			
CSCI 101	Computers and Applications and 3 labs	3			
ACAD 101	Principles of the Learning Academy	1			
QUANT	Select from list/Math placement test	3			
PSYC 101	Intro to Psychology	3			
PESH 102	Weight Training	1			
	GPA _____	17			
SPRING SEMESTER					
HMXP 102	Human Experience, Who Am I?	3			
HLTH 300	Intro to Community and Personal Health	3			
	Humanities Gen Ed (select from list)	3			
	History or History/Constitution Gen Ed (select from list)	3			
BIOL 203/204	Principles of Biology and Lab	4			
	Cumulative GPA _____	16			
SOPHOMORE					
FALL SEMESTER					
CRTW 201	Critical Reading, Thinking, Writing	3			
BIOL 307	Human Anatomy	4			
CHEM 105	General Chemistry I	4			
	Social Science or Social Science/Constitution Gen Ed (select from list)	3			
	ELECTIVES	1			
	Cumulative GPA _____	15			
SPRING SEMESTER					
NUTR 221	Human Nutrition	3			
BIOL 308	Human Physiology	4			
	Humanities Gen Ed (select from list)	3			
	ELECTIVES	3-4			
EXSC 208 or EXSC 231	Weight Control Through Diet and Exercise or Fitness for Life	2			
PESH 201	First Aid and CPR	1			
	Cumulative GPA _____	16-17			

JUNIOR					
FALL SEMESTER					
COURSE	DESCRIPTION	S.H. CREDIT	Course Substitution	TERM TAKEN	GRADE
EXSC 384/385	Exercise Physiology and Lab	4			
	Global Gen Ed (select from list)	3			
HLTH 406	Exercise and Health Promotion	3			
PESH 242	Motor Learning	3			
	ELECTIVES	1-3			
	Cumulative GPA _____	14-16			
SPRING SEMESTER					
EXSC 484/486	Exercise Physiology II & Lab	4			
EXSC 382	Biomechanics	3			
PESH 381	Research Methods in Physical Activity and SPMA	3			
EXSC 465	Strength and Conditioning	3			
EXSC 401	Psychology of Sport and Physical Activity	3			
	Cumulative GPA _____	16			
SENIOR					
FALL SEMESTER					
EXSC 480/481	Ex. Testing and Prescription and Lab	4			
EXSC 511	Physical Activity for Special and Aging Populations	3			
ORAL-INT	Oral Communication Gen Ed	3			
SPMA 501	Administration of Sport and Physical Education Programs	3			
	Elective	1-3			
	Cumulative GPA _____	14-16			
SPRING SEMESTER					
EXSC 492	Certification Seminar in Exercise Science	1			
EXSC 494	Portfolio in Exercise Science	2			
EXSC 496	Internship in Exercise Science	9			
	Cumulative GPA _____	12			
Comments: # Electives 3-6 credits to total 120-123 hours.					

After 30 hours, all exercise science majors must meet the following requirements:

1. Minimum of 2.25 cumulative GPA in all undergraduate coursework at Winthrop.

For admission to EXSC program:

All applicants for admission into the EXSC Program must meet the following requirements:

1. Complete a minimum of 60 semester hours. Transfer students will be evaluated after one semester coursework at Winthrop.
2. Achieve a minimum cumulative grade point average of 2.5 for all coursework
3. Complete or enroll in BIOL 307 or BIOL 308 (or equivalent). Students who do not earn a grade of "C-" or better may be given probationary status in EXSC.
4. Submit an Application packet for admission to the EXSC Program to the Program Director (PD) during Junior year BY October 15th or March 15th that includes:
 - a. EXSC application form.
 - b. an admission essay (500 words, 2 pages double spaced in Times New Roman 12 point font) that details the student's career goals and current progress towards these career goals.
 - c. two professional letters of recommendation.

Undergo a standardized interview with the Admission Selection Committee comprised of the Program Director, one additional EXSC faculty member, one off-campus exercise scientist or other allied health professional (when available), and two current EXSC students (when available).

For admission to EXSC internship:

1. Completion of BIOL 307 and 308 with labs with "C-" or better. _____
2. Minimum of 2.5 cumulative GPA. _____
3. Formal acceptance into EXSC Program _____
4. Advisor and program approval. _____

For Graduation:

1. Minimum of 2.5 cumulative GPA. _____
2. Completion of all internship required hours and supporting documents (EXSC 494/496). _____
3. Take national NCCA-accredited B.S. level certification exam (EXSC 492) _____

GENERAL EDUCATION REQUIREMENTS FOR EXSC:

<p>Critical Skills (15 hrs) WRIT 101 (3) _____ CRTW 201 (3) _____ CSCI 101 (3) _____ (Technology) _____ (3) _____ (Oral Comm.) PESH 381 (3) _____ (Writing Intensive)</p> <p>Skills for Common Experiences and Thinking Across Disciplines (10-13 hrs) HMXP 102 (3) _____ GLOBAL (3) _____ HISTORY (3) _____ CONST. (0-3) _____ PESH 102 (1) _____</p> <p>Freshman Experience (1 hr/freshmen only) ACAD 101 (1) _____</p>	<p>Developing Critical Skills and Applying Them to Disciplines</p> <p>Social Science and Humanities (12 hrs) PSYC 101 (3) _____ SOCIAL SCIENCE (3) _____ HUMANITIES (6) _____</p> <p>Quantitative Skills and Lab Science (if 2 sciences, 1 from 2 of 3 groups, 1 must be a lab (11 hrs) MATH (3) _____ (Quant) BIOL 203/204(4) _____ (life science/lab) CHEM 105 (4) _____ (physical science)</p> <p>TOTAL: 45-46 hours</p>																		
<p>ELECTIVES: Choose AT LEAST 6 hours</p>	<p>Cultural Event Requirements</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td>CE 1</td> <td>CE 7</td> <td>CE 13</td> </tr> <tr> <td>CE 2</td> <td>CE 8</td> <td>CE 14</td> </tr> <tr> <td>CE 3</td> <td>CE 9</td> <td>CE 15</td> </tr> <tr> <td>CE 4</td> <td>CE 10</td> <td>CE 16</td> </tr> <tr> <td>CE 5</td> <td>CE 11</td> <td>CE 17</td> </tr> <tr> <td>CE 6</td> <td>CE 12</td> <td>CE 18</td> </tr> </table>	CE 1	CE 7	CE 13	CE 2	CE 8	CE 14	CE 3	CE 9	CE 15	CE 4	CE 10	CE 16	CE 5	CE 11	CE 17	CE 6	CE 12	CE 18
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