

**2012 - 2013 Catalog**

**DEGREE PLANNING SHEET**

**Exercise Science (125-130 credit hours)**

**Richard W. Riley College of Education**

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

<b>FRESHMAN</b>					
<b>FALL SEMESTER</b>					
<b>COURSE</b>	<b>DESCRIPTION</b>	<b>S.H. CREDIT</b>	<b>Course Substitution</b>	<b>TERM TAKEN</b>	<b>GRADE</b>
EXSC 101*	Introduction to Exercise Science	3			
WRIT 101	Composition I	3			
CSCI 101	Introduction to Computers A,B,C, or P	3			
ACAD 101	Principles of the Learning Academy	1			
MATH 105	Calculus for Managerial and Life Sciences	3			
SOCL 201	Introduction to Sociology	3			
PHED 267	Weight Training	1			
	<b>GPA _____</b>	<b>17</b>			
<b>SPRING SEMESTER</b>					
HMXP 102	Human Experience, Who Am I?	3			
HLTH 300	Personal Health	3			
PSYC 101	Introduction to Psychology	3			
HIST 211	U.S. History to 1877	3			
BIOL 203/204	Principles of Biology and Lab	4			
	<b>Cumulative GPA _____</b>	<b>16</b>			
<b>SOPHOMORE</b>					
<b>FALL SEMESTER</b>					
CRTW 201	Critical Reading, Thinking, Writing	3			
BIOL 307	Human Anatomy	4			
CHEM 105	General Chemistry I and Lab	4			
	<b>SELECTIVE from approved list #</b>	1-4			
	HUMANITIES Gen Ed (select from list)	3			
	<b>Cumulative GPA _____</b>	<b>15-18</b>			
<b>SPRING SEMESTER</b>					
NUTR 221	Human Nutrition	3			
BIOL 308	Human Physiology	4			
	HUMANITIES or SOCIAL SCIENCE Gen Ed (select from list)	3			
CHEM 106/108 OR PHYS or SCI	CHEM 106/108 or Physical or Earth Science Gen Ed	3-4			
NUTR/PHED 208	Weight Control Through Diet and Exercise	2			
PHED 361	First Aid and CPR	1			
	<b>Cumulative GPA _____</b>	<b>16-17</b>			

JUNIOR					
FALL SEMESTER					
COURSE	DESCRIPTION	S.H. CREDIT	Course Substitution	TERM TAKEN	GRADE
PHED 384/385	Exercise Physiology I and Lab	4			
	Global Perspective - select from approved list	3			
HLTH 406	Exercise and Health Promotion	3			
PHED 242	Motor Learning	3			
	<b>SELECTIVE from approved list #</b>	3-4			
	<b>Cumulative GPA</b> _____	<b>16-17</b>			
SPRING SEMESTER					
EXSC 485*	Exercise Physiology II & Lab	4			
PHED 382	Kinesiology	3			
PHED 381	Research Methods in Physical Activity and Sports Management	3			
PHED 465	Strength and Conditioning	2			
	<b>SELECTIVE from approved list#</b>	3-4			
NUTR 520	Sports Nutrition	3			
	<b>Cumulative GPA</b> _____	<b>18 - 19</b>			
SENIOR					
FALL SEMESTER					
PHED480/481*	Ex. Testing and Prescription and Lab	4			
EXSC 511*	Physical Activity for Special and Aging Populations	3			
	<b>SELECTIVE from approved list #</b>	3-4			
SPCH 201	Public Speaking	3			
	HUMANITIES Gen Ed (from list)	3			
	<b>Cumulative GPA</b> _____	<b>16-17</b>			
SPRING SEMESTER					
EXSC 495	Internship	12			
	<b>Cumulative GPA</b> _____	<b>12</b>			
<b>Comments:</b> * taught in this semester only # Selectives must total 15 credits – this may require more than 5 total selectives					

**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.
2. Achieve a minimum cumulative grade point average of 2.5 for all coursework and a minimum cumulative grade point average of 2.75 for all coursework in the EXSC core.
3. Complete the following EXSC Core courses with a grade of "B-" or better in each course: EXSC 101, HLTH 300, PHED 208, PHED 267.
4. Complete or enroll in BIOL 307 or BIOL 308 (or equivalent).
  - a. --Students who do not earn a grade of "C-" or better may be given probationary status in EXSC.
5. Complete CHEM 105 (or equivalent) with a grade of "C-" or better.
  - a. --Students who do not earn a grade of "C-" or better may be given probationary status in EXSC.
6. Submit an Application packet for admission to the EXSC Program to the Program Director (PD) during Junior year BY October 15<sup>th</sup> or March 15<sup>th</sup> that includes:
  - a. ~~official transcripts from all institutions of higher education attended.~~
  - b. EXSC application form.
  - c. an admission essay (500 words, 2 pages double spaced in Times New Roman 12 point font) that details the student's careers goals and current progress towards these career goals.
  - d. 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.

**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. Advisor and program approval.\_\_\_\_\_

## GENERAL EDUCATION REQUIREMENTS FOR EXSC:

<p><b>Critical Skills (15 hrs)</b>          WRIT 101 (3) _____          CRTW 201 (3) _____          MATH 105 (3) _____ (meets Quant. Skills)          CSCI 101 (3) _____ (meets Technology, Logic)          SPCH 201 (3) _____ (meets Oral Comm., Language)</p> <p><b>Common Experience Skills (3 hrs)</b>          HMXP 102 (3) _____          HIST 211 (0) _____ (meets Constitution)</p> <p><b>Intensive Writing Skills (3 hrs)</b>          PHED 381 (3) _____</p> <p><b>Freshman Experience (1 hr)</b>          ACAD 101 (1) _____</p>	<p><b>Natural Sciences (7 hrs: life + either physical or earth, need two groups total)</b>          BIOL 203/4 (4) _____          BIOL 307 (4) _____          NUTR 221(3) _____          CHEM 106/108 or Physical or earth GenEd (3-4) _____</p> <p><b>Social Sciences (6-9 hrs)</b>          PSYC 101 (3) _____          SOCL 201 (3) _____          * CHOOSE FROM AT LEAST TWO DESIGNATORS  <b>If 9 hours are NOT taken in Humanities and Arts, select an additional 3 hours.</b>          _____ (3) _____</p> <p><b>Historical Perspective (3 hrs)</b>          HIST 211 (3) _____</p> <p><b>Global Perspective (3 hrs)</b>          _____ (3) _____</p>																		
<p><b>Humanities and Arts Perspective (6-9 hrs)</b>          _____ (3) _____          _____ (3) _____          * CHOOSE FROM AT LEAST TWO DESIGNATORS  <b>If 9 hours are NOT taken in Social Science, select an additional 3 hours.</b>          _____ (3) _____</p>	<p><b>Cultural Event Requirements</b></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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CE 5	CE 11	CE 17																	
CE 6	CE 12	CE 18																	

## SELECTIVES: Choose AT LEAST 15 hours from the courses below:

___ BIOL 206	General Zoology (includes Lab)	4
___ CHEM 106/108	General Chemistry II and Lab	4
___ HLTH 500	Contemporary Health Issues	3
___ HLTH 501	Substance Abuse Education	3
___ HLTH 507	Women's Health Issues	3
___ PHED 303	Teaching Aerobic Activities	1
___ PHED 307	Outdoor Education Theory & Practice	2
___ PHED 401	Psychology of Sport	3
___ PHED 525	Risk Management in PA and Sport	3
___ PHYS 201	General Physics I (includes Lab)	4
___ PHYS 202	General Physics II (includes Lab)	4
___ PSYC 206	Developmental Psychology	3
___ PSYC 301/ MATH 141	Statistics	3-4
___ PSYC 313	Abnormal Psychology	3
___ SPMA 235	Sport Events Management	3