### 2013 - 2014 Catalog

**DEGREE PLANNING SHEET**

**STUDY ABROAD OPTION**

Richard W. Riley College of Education

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

Department of Physical Education, Sport & Human Performance

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### FRESHMAN

#### FALL SEMESTER

<table>
<thead>
<tr>
<th>COURSE</th>
<th>DESCRIPTION</th>
<th>S.H CREDIT</th>
<th>Course Substitution</th>
<th>TERM TAKEN</th>
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<tbody>
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<td>EXSC 101*</td>
<td>Introduction to Exercise Science</td>
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<td>WRIT 101</td>
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#### SPRING SEMESTER

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<td>HMXP 102</td>
<td>Human Experience, Who Am I?</td>
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<td>BIOL 203/204</td>
<td>Principles of Biology and Lab</td>
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### SOPHOMORE

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<td>Critical Reading, Thinking, Writing</td>
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<td>General Chemistry I and Lab</td>
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<td>Global Gen Ed (select from list)</td>
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#### SPRING SEMESTER

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<td>NUTR 221</td>
<td>Human Nutrition</td>
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<td>BIOL 308</td>
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<td>NUTR/PHED 208</td>
<td>Weight Control Through Diet and Exercise</td>
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<td>PHED 361</td>
<td>First Aid and CPR</td>
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Cumulative GPA _____ 16-18
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<tr>
<td>SPT 2422</td>
<td>Sport &amp; Exercise Physiology (includes lab)</td>
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<td>PHED 384/385</td>
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<td>Humanities Gen Ed</td>
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<td>SPT 2621</td>
<td>Science of Movement--Development</td>
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<td>Social Science or Humanities Gen Ed</td>
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**SPRING SEMESTER**

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<tr>
<td>EXSC 485</td>
<td>Exercise Physiology II &amp; Lab</td>
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<td>PHED 382</td>
<td>Kinesiology</td>
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<td>Research Methods in Physical Activity and Sports Management</td>
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<td>PHED 465</td>
<td>Strength and Conditioning</td>
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<td>NUTR 520</td>
<td>Sports Nutrition</td>
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**SENIOR**

**FALL SEMESTER**

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<tr>
<td>PHED 480/481</td>
<td>Ex. Testing and Prescription and Lab</td>
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<td>HLTH 406</td>
<td>Exercise &amp; Health Promotion</td>
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<td>EXSC 511</td>
<td>Physical Activity for Special and Aging Populations</td>
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<tr>
<td>HUMANITIES Gen Ed (from list)</td>
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**SPRING SEMESTER**

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Comments:
* taught in this semester only
# Electives must total 15 credits – this may require more than 5 total electives
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 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 careers 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.

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:

Critical Skills (15 hrs)

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<th>Course</th>
<th>Hours</th>
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<tr>
<td>WRIT 101</td>
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<td>CRTW 201</td>
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<td>MATH 105</td>
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<tr>
<td>(meets Quant. Skills)</td>
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<tr>
<td>CSCI 101</td>
<td>3</td>
</tr>
<tr>
<td>(meets Technology, Logic)</td>
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<td>SPCH 201</td>
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<td>(meets Oral Comm., Language)</td>
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Common Experience Skills (3 hrs)

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Intensive Writing Skills (3 hrs)

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<tr>
<td>PHED 381</td>
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Freshman Experience (1 hr)

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Natural Sciences (7 hrs: life + either physical or earth, need two groups total)

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<td>CHEM 105</td>
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Social Sciences (6-9 hrs)

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<tr>
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<td>SOCL 201</td>
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* CHOOSE FROM AT LEAST TWO DESIGNATORS

If 9 hours are NOT taken in Humanities and Arts, select an additional 3 hours.

<table>
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Historical Perspective (3 hrs)

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Global Perspective (3 hrs)

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Humanities and Arts Perspective (6-9 hrs)

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* CHOOSE FROM AT LEAST TWO DESIGNATORS

If 9 hours are NOT taken in Social Science, select an additional 3 hours.

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Cultural Event Requirements

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ELECTIVES: Choose AT LEAST 15 hours from the courses below:

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