

**2016- 2017 Catalog**  
**DEGREE PLANNING SHEET**      **Richard W. Riley College of Education**  
Exercise Science (120-123 credit hours)      **Department of Physical Education, Sport & Human Performance**

<b>FRESHMAN</b>					
<b>FALL SEMESTER</b>					
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			
	<b>GPA _____</b>	<b>17</b>			
<b>SPRING SEMESTER</b>					
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			
	<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	4			
	Social Science or Social Science/Constitution Gen Ed (select from list)	3			
	<b>ELECTIVES</b>	<b>1</b>			
	<b>Cumulative GPA _____</b>	<b>15</b>			
<b>SPRING SEMESTER</b>					
NUTR 221	Human Nutrition	3			
BIOL 308	Human Physiology	4			
	Humanities Gen Ed (select from list)	3			
	<b>ELECTIVES</b>	<b>3-4</b>			
EXSC 208 or EXSC 231	Weight Control Through Diet and Exercise or Fitness for Life	2			
PESH 201	First Aid and CPR	1			
	<b>Cumulative GPA _____</b>	<b>16-17</b>			

**JUNIOR****FALL SEMESTER**

<b>COURSE</b>	<b>DESCRIPTION</b>	<b>S.H. CREDIT</b>	<b>Course Substitution</b>	<b>TERM TAKEN</b>	<b>GRADE</b>
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			
	<b>Cumulative GPA</b> _____	<b>14-16</b>			

**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			
	<b>Cumulative GPA</b> _____	<b>16</b>			

**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			
	<b>Cumulative GPA</b> _____	<b>14-16</b>			

**SPRING SEMESTER**

EXSC 492	Certification Seminar in Exercise Science	1			
EXSC 494	Portfolio in Exercise Science	2			
EXSC 496	Internship in Exercise Science	9			
	<b>Cumulative GPA</b> _____	<b>12</b>			

**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 15<sup>th</sup> or March 15<sup>th</sup> 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 (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><b>Critical Skills (15 hrs)</b>                  WRIT 101 (3) _____                  CRTW 201 (3) _____                  CSCI 101 (3) _____ (Technology)                  _____ (3) _____ (Oral Comm.)                  PESH 381 (3) _____ (Writing Intensive)</p> <p><b>Skills for Common Experiences and Thinking Across Disciplines (10-13 hrs)</b>                  HMXP 102 (3) _____                  GLOBAL (3) _____                  HISTORY (3) _____                  CONST. (0-3) _____                  PESH 102 (1) _____</p> <p><b>Freshman Experience (1 hr/freshmen only)</b>                  ACAD 101 (1) _____</p>	<p><b>Developing Critical Skills and Applying Them to Disciplines</b></p> <p><b>Social Science and Humanities (12 hrs)</b>                  PSYC 101 (3) _____                  SOCIAL SCIENCE (3) _____                  HUMANITIES (6) _____</p> <p><b>Quantitative Skills and Lab Science (if 2 sciences, 1 from 2 of 3 groups, 1 must be a lab (11 hrs)</b>                  MATH (3) _____ (Quant)                  BIOL 203/204(4) _____ (life science/lab)                  CHEM 105 (4) _____ (physical science)</p> <p><b>TOTAL: 45-46 hours</b></p>																		
<p><b>ELECTIVES: Choose AT LEAST 6 hours</b></p>	<p><b>Cultural Event Requirements</b></p> <table border="1" data-bbox="844 976 1315 1176"> <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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