

2013 - 2014 Catalog

DEGREE PLANNING SHEET

Richard W. Riley College of Education

STUDY ABROAD OPTION

Exercise Science (125-130 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 | 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 | | | |
| | GPA _____ | 17 | | | |
| SPRING SEMESTER | | | | | |
| HMXP 102 | Human Experience, Who Am I? | 3 | | | |
| HLTH 300 | Intro to Personal and Community 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 | | | |
| | Cumulative GPA _____ | 16 | | | |
| SOPHOMORE | | | | | |
| FALL SEMESTER | | | | | |
| CRTW 201 | Critical Reading, Thinking, Writing | 3 | | | |
| BIOL 307 | Human Anatomy | 4 | | | |
| CHEM 105 | General Chemistry I and Lab | 4 | | | |
| SPCH 201 | Public Speaking | 3 | | | |
| | Global Gen Ed (select from list) | 3 | | | |
| | Cumulative GPA _____ | 17 | | | |
| SPRING SEMESTER | | | | | |
| NUTR 221 | Human Nutrition | 3 | | | |
| BIOL 308 | Human Physiology | 4 | | | |
| CHEM 106/108 or ELECT | CHEM 106/108 or EXSC Elective | 3-4 | | | |
| NUTR/PHED 208 | Weight Control Through Diet and Exercise | 2 | | | |
| PHED 361 | First Aid and CPR | 1 | | | |
| | ELECTIVE from approved list # | 3-4 | | | |
| | Cumulative GPA _____ | 16-18 | | | |

JUNIOR***FALL SEMESTER ABROAD AT EDGE HILL UNIVERSITY, ORMSKIRK, U.K.***

| COURSE | DESCRIPTION | S.H. CREDIT | Course Substitution | TERM TAKEN | GRADE |
|---------------|--|--------------------|----------------------------|-------------------|--------------|
| SPT 2422 | Sport & Exercise Physiology (includes lab) | 4 | PHED 384/385 | | |
| | Humanities Gen Ed | 3 | HUMA | | |
| SPT 2621 | Science of Movement--Development | 3 | PHED 242 | | |
| | Social Science or Humanities Gen Ed | 3 | SOSC or HUMA | | |
| | Cumulative GPA _____ | 13 | | | |

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 | | | |
| | ELECTIVE from approved list# | 3-4 | | | |
| NUTR 520 | Sports Nutrition | 3 | | | |
| | Cumulative GPA _____ | 18 - 19 | | | |

SENIOR**FALL SEMESTER**

| | | | | | |
|-------------|---|-----------|--|--|--|
| PHED480/481 | Ex. Testing and Prescription and Lab | 4 | | | |
| HLTH 406 | Exercise & Health Promotion | 3 | | | |
| EXSC 511 | Physical Activity for Special and Aging Populations | 3 | | | |
| | ELECTIVE from approved list # | 3 | | | |
| | HUMANITIES Gen Ed (from list) | 3 | | | |
| | Cumulative GPA _____ | 16 | | | |

SPRING SEMESTER

| | | | | | |
|----------|-----------------------------|-----------|--|--|--|
| EXSC 495 | Internship | 12 | | | |
| | | | | | |
| | Cumulative GPA _____ | 12 | | | |

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:

| | | | | | | | | | | | | | | | | | | | |
|---|--|-------|------|-------|------|------|-------|------|------|-------|------|-------|-------|------|-------|-------|------|-------|-------|
| <p>Critical Skills (15 hrs) 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>Common Experience Skills (3 hrs) HMXP 102 (3) _____ HIST 211 (0) _____ (meets Constitution)</p> <p>Intensive Writing Skills (3 hrs) PHED 381 (3) _____</p> <p>Freshman Experience (1 hr) ACAD 101 (1) _____</p> | <p>Natural Sciences (7 hrs: life + either physical or earth, need two groups total) BIOL 203/4 (4) _____ NUTR 221(3) _____ CHEM 105 (4) _____</p> <p>Social Sciences (6-9 hrs) PSYC 101 (3) _____ SOCL 201 (3) _____ * CHOOSE FROM AT LEAST TWO DESIGNATORS If 9 hours are NOT taken in Humanities and Arts, select an additional 3 hours. _____ (3) _____</p> <p>Historical Perspective (3 hrs) HIST 211 (3) _____</p> <p>Global Perspective (3 hrs) _____ (3) _____</p> | | | | | | | | | | | | | | | | | | |
| <p>Humanities and Arts Perspective (6-9 hrs) _____ (3) _____ _____ (3) _____ * CHOOSE FROM AT LEAST TWO DESIGNATORS If 9 hours are NOT taken in Social Science, select an additional 3 hours. _____ (3) _____</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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| CE 4 | CE 10 | CE 16 | | | | | | | | | | | | | | | | | |
| CE 5 | CE 11 | CE 17 | | | | | | | | | | | | | | | | | |
| CE 6 | CE 12 | CE 18 | | | | | | | | | | | | | | | | | |

ELECTIVES: 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 |
| ____ MATH 141/PSYC 301 | Statistics | 3-4 |
| ____ PSYC 313 | Abnormal Psychology | 3 |
| ____ SPMA 235 | Sport Events Management | 3 |