

**BS Exercise Science**

Name: \_\_\_\_\_

**Degree Checklist**

SSC#: \_\_\_\_\_

Semester Enrolled at USC: \_\_\_\_\_

Email: \_\_\_\_\_

@email.sc.edu

Semester Entered Major: \_\_\_\_\_

(updated 9-13-2019)

**I. Carolina Core (32-41 Hours)** *must pass classes specified with a grade of "C" or higher*

Code	Carolina Core Competency (Minimum Hours)	Courses Taken	Semester Enrolled	Credit Hr. Earned	Credit Hr. Remain
CMW	Persuasive Communication: Writing (6)	ENGL 101 (3)			
		ENGL 102 (3)			
ARP	Analytical Reasoning/Problem Solving (6)	MATH 122 (3)			
		STAT 201 or 205 (3)			
SCI	Scientific Literacy (7)	BIOL 101 (3)			
		BIOL 101L (1)			
		BIOL 102 (3)			
		BIOL 102L (1)			
GFL	Global Citizenship and Multicultural Understanding: <b>Foreign Language</b> (0-6)	Placement Test Score:			
GHS	Global Citizenship and Multicultural Understanding: <b>History</b> (3)	_____ (3)			
GSS	Global Citizenship and Multicultural Understanding: <b>Social Science</b> (3)	PSYC 101 (3)			
AIU	Aesthetic & Interpretive Understanding (3)	_____ (3)			
CMS	Persuasive Communication: Speech (3)	_____ (3)			
VSR	Values, Ethics, Social Responsibility (0-3)	_____ (3)			
			<b>TOTALS:</b>		

**II. College Requirements (12-15 Hours)** *must pass all with a grade of "C" or higher*

Courses	Semester Enrolled	Credit Hr. Earned	Credit Hr. Remain
EPID 410: Principles of Epidemiology (3) <i>(co-req STAT 201 or 205)</i>			
EXSC 191: Physical Activity and Health (3)			
PUBH 302: Introduction to Public Health (3)			
SOCY 101: Introduction to Sociology (3)			
UNIV 101: The Student in the University (3) <i>(transfer/COM students exempt)</i>			
<b>TOTALS:</b>			

**III. Program Requirements (4 hours)** *must pass all with a grade of "C" or higher*

Supporting Courses	Semester Enrolled	Credit Hr. Earned	Credit Hr. Remain
CHEM 111: General Chemistry I (3)			
CHEM 111L: General Chemistry I Lab (1)			

**III. Program Requirements (con't) (8 hours)** *must pass all with a grade of "C" or higher*

Supporting Courses	Semester Enrolled	Credit Hr. Earned	Credit Hr. Remain
PHYS 201: General Physics I (3)			
PHYS 201L: General Physics I Lab (1)			
CHEM 112: General Chemistry II (3) <b>OR</b> PHYS 202: General Physics II (3)			
CHEM 112L: Gen Chem II Lab (1) <b>OR</b> PHYS 202L: Gen Physics II Lab (1)			
<b>TOTALS:</b>			

**III. Program Requirements (cont.) (24 hours)** *must pass all with a grade of "C" or higher*

EXSC Cognate (300+ level) (12 cr.)	Semester Enrolled	Credit Hr. Earned	Credit Hr. Remaining	Cognate (300+ level) (12 cr.)	Semester Enrolled	Credit Hr. Earned	Credit Hr. Remain
<b>TOTALS:</b>				<b>TOTALS:</b>			

**IV. Major Requirements (25 hours)** *must pass all with a grade of "C" or higher*

Courses	Semester Enrolled	Credit Hr. Earned	Credit Hr. Remain
EXSC 223/223L: Anatomy and Physiology I/Lab (4) <i>(prereqs ENGL 101, 102; BIOL 101/L, 102/L; CHEM 111/L; MATH 122 or 141)</i>			
EXSC 224/244L: Anatomy and Physiology II/Lab (4) <i>(prereq EXSC 223 and EXSC 223L)</i>			
EXSC 330/L: Physiology of Muscular Activity (4) <i>(prereq EXSC 224 &amp; EXSC 224L)</i>			
1) EXSC 335: Biomechanics of Human Movement(3) <i>(prereq EXSC 224/L, PHYS201/L)</i> <b>OR</b> 2) EXSC 410: Psychology of Physical Activity (3) <i>(prereq PSYC 101)</i>			
EXSC 351: Acquisition of Motor Skills (3) <i>(prereq EXSC 224 and EXSC 224L)</i>			
EXSC 401: Practicum Prep Course (1) <i>(prereq EXSC 330 &amp; EXSC 330L)</i>			
EXSC 444: Practicum Experience (6) <i>(prereq EXSC 401)</i>			
<b>TOTALS:</b>			

PROGRAM REQUIREMENTS			
V. ELECTIVES (____ cr)			
Course	Sem.	Earned	Remain

TOTALS	Earned	Remaining
I. CC		
II. CR		
III. PR p. 1		
III. PR p. 2		
IV. MR		
V. Electives		
<b>TOTAL (120):</b>		

TOTAL HOURS FOR DEGREE	
I. CC	
II. CR	
III. PR p. 1	4
III. PR p. 2	32
IV. MR	25
<i>Subtotal:</i>	
V. Electives	
<b>TOTAL:</b>	<b>120</b>