

## EXERCISE SCIENCE WORKSHEET (Page 1)

Student Name: \_\_\_\_\_ CofC ID #: \_\_\_\_\_

Local Address & Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_ Advisor: \_\_\_\_\_

### General Degree Requirements

**ENGLISH- (4 hrs.)**  
ENGL 110-Intro to Acad. Writing \_\_\_\_\_/\_\_\_\_\_

**HISTORY or JEWISH STUDIES (6 hrs.)**  
**You must take one from each category.**  
**Cat 1:** HIST 101, HIST 103, JWST 210 \_\_\_\_\_/\_\_\_\_\_  
**Cat 2:** HIST 102, HIST 104, JWST 215 \_\_\_\_\_/\_\_\_\_\_

**SOCIAL SCIENCES – (6 hrs.)**  
\_\_\_\_\_(3) \_\_\_\_\_/\_\_\_\_\_  
\_\_\_\_\_(3) \_\_\_\_\_/\_\_\_\_\_

**NATURAL SCIENCES – (8 hrs.)**  
BIOL 201 and Lab (4) \_\_\_\_\_/\_\_\_\_\_  
BIOL 202 and Lab (4) \_\_\_\_\_/\_\_\_\_\_  
(BIOL 111/112 are prerequisites for 201/202)  
\_\_\_\_\_/\_\_\_\_\_  
\_\_\_\_\_/\_\_\_\_\_

**HUMANITIES – (12 hrs.)**  
\_\_\_\_\_(3) \_\_\_\_\_/\_\_\_\_\_  
\_\_\_\_\_(3) \_\_\_\_\_/\_\_\_\_\_  
\_\_\_\_\_(3) \_\_\_\_\_/\_\_\_\_\_  
\_\_\_\_\_(3) \_\_\_\_\_/\_\_\_\_\_

**FOREIGN LANGUAGE – (12 hrs. in one language)**  
\_\_\_\_\_(3) \_\_\_\_\_/\_\_\_\_\_  
\_\_\_\_\_(3) \_\_\_\_\_/\_\_\_\_\_  
\_\_\_\_\_(3) \_\_\_\_\_/\_\_\_\_\_  
\_\_\_\_\_(3) \_\_\_\_\_/\_\_\_\_\_

**MATHEMATICS – (6 hrs.)**  
MATH 104- Statistics (3) \_\_\_\_\_/\_\_\_\_\_  
MATH \_\_\_\_\_(3) \_\_\_\_\_/\_\_\_\_\_

### EXERCISE SCIENCE CONCENTRATION STUDENT INFORMATION

Each fall and spring semester, all Exercise Science students will be expected to update their advisor as to their progress towards their professional goals. During these discussions, students should be prepared to comment on the status of their: extracurricular development (e.g. volunteer hours, and job shadowing), job or graduate school search, resume, etc.

### ELECTIVES:

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**Humanities:** 12 semester hours from these eight areas with no more than six semester hours in any one of the following areas:

1. British or American literature
2. Any foreign literature
3. Art history (not courses in studio art)

4. Music (not courses in practice or performance of music)
5. Theatre (not courses in practice or performance of theater)
6. History (excluding the classes used to satisfy the general education history requirement)
7. Philosophy (excluding 215 and 216)
8. Religious studies

**EXERCISE SCIENCE WORKSHEET (Page 2)**

	Term/Grade		Term/Grade
<b>DEPARTMENTAL CORE- (19 hrs.)</b>			
PEHD 201- Intro. To Physical Education (3)	___/___	PEHD 440 Biomechanics (3)	___/___
HEAL 216- Personal & Comm. Health (3)	___/___	Preq: BIOL 202, PEHD 330, PHYS 101	
PEHD 330- Kinesiology (3)	___/___	PEHD 498- Capstone (2) [Spring only]	___/___
Preq: BIOL 202- Human Anatomy		Preq: PEHD 235, 340, 433, 440 (co-requisite)	
PEHD 340- Exercise Physiology & Lab (4)	___/___		
Preq: BIOL 201-Human Physiology			
Rec: PEHD 210 Fitness Assess. and Ex Pres.			
PEHD 433 – Research methods (3) [Fall only]	___/___	<b>REQUIRED COGNATE AREA- (12 hrs. minimum)</b>	
Preq: PEHD 330+340, MATH 104 or equivalent		CHEM 111 and Lab (or 101 and Lab) (4)	___/___
PEHD 458- Org. & Admin. In. P.E. (3)	___/___	CHEM 112 and Lab (or 102 and Lab) (4)	___/___
Preq: 90 hours or equivalent		PHYS 101 and Lab (4)	___/___
		PHYS 102 and Lab (4)	___/___
<b>PROFESSIONAL TRACK- (20/21 hrs)</b>			
PEHD 210- Fitness Assess. and			
Ex. Prescription (3)	___/___		
PEHD 235- Motor Develop. Learning (3)	___/___		
HEAL 333- Sport.+ Ex Nutrition (3)			
Preq: BIOL 201- Human Physiology	___/___		
ATEP 430 Therapeutic Exercise (3)	___/___		
Preq: BIOL 201,202 and PEHD 330			
<u>ATEP 437 or PEHD 438 or PEHD 439 (choose one) :</u>			
ATEP 437-Therap. Modalities (3)[Fall only]	___/___		
Preq: Permission of the instructor			
PEHD 438- Adv. Topics in Resistance			
Training (3) [Spring only]	___/___		
Preq: BIOL 202 and PEHD 340 or permission			
PEHD 439- Adv. Topics in Exercise			
Physiology (4) [Fall only]	___/___		
Preq: PEHD 340 and permission of the instructor			

**ELECTIVES:**

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<p><b>Recommended**Electives for Graduate Work In Exercise Physiology, Medicine, Dentistry</b></p> <p>CHEM 231- Organic Chemistry II + Lab (4)</p> <p>CHEM 232- Organic Chemistry II + Lab (4)</p> <p>CHEM 351- Biochemistry and Lab (4)</p> <p>MATH 120- Calculus (4)</p>	<p><b>Required**Electives for Physical Therapy School</b></p> <p>Students must take BIOL 111 and 112</p> <p>PSYC 103- Introduction to Psychology (3)</p> <p>PSYC 307- Abnormal Psychology (3)</p> <p>PSYC 311- Development Psychology (3)</p>
<p><b>Recommended**Electives for Graduate Work in Biomechanics</b></p> <p>MATH 120- Calculus I (4)</p> <p>MATH 220- Calculus II (4)</p> <p>CSCI 130- Visual Basic (3)</p> <p>Should take PHYS 201 and 202 rather than PHYS 101 and 102</p>	<p><b>Required**Electives for Physicians Assistant School</b></p> <p>PSYC 103- Introduction to Psychology (3)</p> <p>CHEM 231- Organic Chemistry I + Lab (4)</p> <p>BIOL 310- Microbiology (4)</p>

**\*\*Note: Students need to understand that the required electives for each of these programs vary from school to school. Therefore, students should be sure to research the specific requirements for each school in which he or she is interested.**