

2008-2009 Catalog

DEGREE PLANNING SHEET

Richard W. Riley College of Education

Exercise Science (125-130 credit hours)

Department of Health & Physical Education

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	Personal 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			
CHM105/107	General Chemistry I and Lab	4			
	SELECTIVE from approved list	1-4			
	HUMANITIES Gen Ed (select from list)	3			
	Cumulative GPA _____	15-18			
SPRING SEMESTER					
NUTR 221	Human Nutrition	3			
BIOL 308*	Human Physiology	4			
	HUMANITIES or SOCIAL SCIENCE Gen Ed (select from list)	3			
	SELECTIVE from approved list	3-4			
NUTR/PHED 208	Weight Control Through Diet and Exercise	2			
PHED 361	First Aid and CPR	1			
	Cumulative GPA _____	16-17			

JUNIOR**FALL SEMESTER**

COURSE	DESCRIPTION	S.H. CREDIT	Course Substitution	TERM TAKEN	GRADE
PHED 384/385	Exercise Physiology I and Lab	4			
	Global Perspective - select from approved list	3			
HLTH 406	Exercise and Health Promotion	3			
PHED 242	Motor Learning	3			
	SELECTIVE from approved list	3-4			
	Cumulative GPA _____	16-17			

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			
	SELECTIVE 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			
EXSC 511	Physical Activity for Special and Aging Populations	3			
	SELECTIVE from approved list #	3-4			
SPCH 201	Public Speaking	3			
	HUMANITIES Gen Ed (from list)	3			
	Cumulative GPA _____	16-17			

SPRING SEMESTER

EXSC 495	Internship	12			
	Cumulative GPA _____	12			

Comments:

* taught in this semester only

Selectives must total 15 credits – this may require more than 5 total selectives

After 30 hours, all exercise science majors must meet the following requirements:

1. A "C" or better in EXSC 101. _____
2. Minimum of 2.25 cumulative GPA in all undergraduate coursework at Winthrop. _____

For admission to EXSC program:

1. "C" or better in BIOL 307 and 308 with labs. _____
2. "C" or better in PHED 382 and 384. _____
3. Advisor and program approval. _____

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 in all required EXSC coursework. _____
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.)</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) BIOL 203/4 (4) _____ BIOL 307 (4) _____ CHEM 105/107 (4) _____ NUTR 221(3) _____</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 6	CE 12	CE 18																	

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

___	ATRN 563	Medical Aspects of Exercise	3
___	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 525	Risk Management in PA and Sport	3
___	PHED 548	Psychology of Sport	3
___	PHYS 201	General Physics I (includes Lab)	4
___	PHYS 202	General Physics II (includes Lab)	4
___	PSYC 206	Developmental Psychology	3
___	PSYC 301	Statistics	4
___	PSYC 313	Abnormal Psychology	3
___	SPMA 235	Sport Events Management	3