

2009-2010 Catalog

DEGREE PLANNING SHEET

Richard W. Riley College of Education

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	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			
CHEM 105/107	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			
CHEM 106/108 or other SCI	General Chemistry II and Lab or other Physical or Earth Science Gen Ed	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. 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 105/107 (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 Fall semester Junior year that includes:
 - a. official transcripts from all institutions of higher education attended.
 - b. EXSC application form.
 - c. an admission essay (500 words, 2 pages double spaced in Times New Roman 12 point font) that details the student's career goals and current progress towards these career goals.
 - d. 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.)</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) _____ BIOL 307 (4) _____ NUTR 221(3) _____ CHEM 106/108 or physical or earth GenEd (3-4) _____</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 6	CE 12	CE 18																	

SELECTIVES: Choose AT LEAST 12 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

