Exercise Science - Advising Check List

Student Name ______________________________    Student ID# ________________________

During the initial advising appointment a variety of matters are covered. This checklist is an opportunity to emphasize key points in the sequencing of courses. Please initial after discussing with your advisor. An initial indicates understanding of the requirement.

1. Certain classes must be taken in the proper sequence. Failure to do so may add additional time to my College career.
   _____ EXSC 433 – Research Design and Analysis – must be taken the fall semester of my Senior Year.
   _____ EXSC 498 – Capstone Experience – must be taken the spring semester of my Senior Year.

2. Failure to take pre-requisite classes at the proper time may extend my College career.
   _____ EXSC 201 – Introduction to Exercise Science – must be taken prior to taking all 300-level core classes.
   _____ The following classes all have pre-requisites: EXSC 330 (BIOL 202), 340 (BIOL 201), 433 (EXSC 330+340, MATH 104 or equivalent), PEHD 458 (90 credit hours), HEAL 333 (BIOL 201), ATEP 430 (BIOL 201 + 202, and EXSC 330), 437 (permission of instructor), EXSC 438 (BIOL 202 and EXSC 340), 439 (EXSC 340), 440 (BIOL 202, EXSC 330 and PHYS 101), and 498 (EXSC 433).

3. Some classes have pre-requisites offered outside the Department. Failure to begin a long sequence of pre-requisites may delay graduation.
   _____ Completion of BIOL 111 + Lab and BIOL 112 + Lab are required prior to taking BIOL 201 + Lab and BIOL 202 + Lab. BIOL 201 and BIOL 202 are required prior to taking EXSC 340 + Lab and EXSC 330 respectively. EXSC 330 and EXSC 340 + Lab are both required prior to enrolling in EXSC 433.
   _____ Completion of BIOL 111+ Lab and BIOL 112 + Lab during one’s freshman year is highly recommended. Completion of BIOL 201 + L and BIOL 202 + L prior to one’s junior year is highly recommended.

4. College can be a challenging time and planning for one’s future at times may seem overwhelming. We, as exercise science advisors, would like to make ourselves available for conversations about possible challenges and future goals. Please note and initial the following:
   _____ I, the designated advisee, understand fully that I have the right to meet with my advisor prior to class registration, although advising is not mandatory, and any other time throughout the semester to discuss coursework, career goals, future educational goals or any other matter related to my academic success.
   _____ Deviating from the initial planning schedule set up during the Major Declaration Process may result in additional semesters due to course sequencing and course requirements. It is advised to schedule a meeting if I, the advisee, choose to depart from the recommended courses or course sequencing. If I am unable to schedule a class during the designated semester and year on my planning sheet I need to either email or schedule an appointment with my advisor as soon as possible to select an appropriate replacement course.
   _____ I agree to enter my planning sheet onto DegreeWorks, accessed through MyCharleston, so my advisor has on-line access to my planning sheet and course schedule. Doing so allows my advisor to provide timely feedback if and when scheduling conflicts develop.
Curriculum for Exercise Science Major

Many PEHD classes HAVE become EXSC classes beginning with registration for fall 2012. All students that took a PEHD class that is now an EXSC class the PEHD class will count as the pre-requisite (e.g. PEHD 330 is the same as EXSC 330).

Professional Core (24 credits) – required for all Exercise Science majors
- EXSC 201 – Introduction to Health and Human Performance
- HEAL 216 – Personal and Community Health
- EXSC 210 – Concepts in Fitness Assessment and Exercise Prescription
- EXSC 330 – Kinesiology
- EXSC 340 – Exercise Physiology and Lab
- PEHD 458 – Organization and Administration in Health and Human Performance
- EXSC 433 – Research Design and Analysis
- EXSC 498 – Capstone in Exercise Science

Cognate (12 credits) – required for all Exercise Science majors
(Select either: 2 chemistry courses and 1 physics course OR 1 chemistry course and 2 physics courses)

(Pick 1 Chemistry)
- CHEM 101 – General Chemistry and Lab
- CHEM 111 – Principles of Chemistry and Lab
- PHYS 101 – Introductory Physics and Lab

(Pick 1)
- CHEM 102 – Organic and Biological Chemistry and Lab
- CHEM 112 – Principles of Chemistry and Lab
- PHYS 102 – Introductory Physics II and Lab

(Note: Students who intend to apply to Physical Therapy programs need to take 2 chemistry and 2 physics classes with labs.)

Directed Electives list (each student must select 8 courses; 24-27 credits)

G,M,O,P,A
- ATEP 365 – General Medical Conditions in Athletics (3)
M,O,P,A,S
- ATEP 430 – Therapeutic Exercise and Lab (4)
O,P,A
- ATEP 437 – Therapeutic Modalities and Lab (4)
G,M,N,O,P,A,S
- EXSC 401 – Independent Study (3)
G,N,O,P,A,S
- EXSC 438 – Advanced Topics in Resistance Training and Conditioning (4)
G,M,O,P,A,S
- EXSC 439 – Advanced Topics in Exercise Physiology and Lab (3)
G,M,O,P,A,S
- EXSC 440 – Biomechanics (3)
G,M,N,O,P,A,S
- EXSC 444 – Scientific Writing and Data Analysis (3)
G,M,N,O,P,A,S
- HEAL 333 – Sports and Exercise Nutrition (3)
G,M,N,O,P,A
- HEAL 350 Epidemiology (3)
G,M,N,O,P,A,S
- HEAL 442 – Healthy Aging (3)
G,M,N,O,P,A,S
- PEHD 235 – Motor Development and Learning (3)
O,P,A,S
- PEHD 355 – Sport Psychology (3)

G = Recommended elective for Graduate School in Exercise Science
M = Recommended elective for Medical or Dental School
N = Recommended elective for advanced studies in Nutrition
O = Recommended elective for Occupational Therapy school
P = Recommended elective for Physical Therapy school
A = Recommended elective for Physician Assistant school
S = Recommended elective for advanced studies in Sport Performance, Strength & Conditioning or Personal Training
Advising and Scheduling Suggestions

It is strongly suggested that students take BIOL 111/L and BIOL 112/L during their Freshman year. BIOL 111/L and 112/L are required for BIOL 202/L and BIOL 201/L.

It is strongly suggested that students take BIOL 202/L and BIOL 201/L during their Sophomore year. BIOL 202/L is required for EXSC 330. BIOL 201/L is required for EXSC 340.

It is strongly suggested that students take MATH 111 to fulfill a Math general education requirement.

It is most helpful if MATH 111 is taken the semester before PHYS 101 as the information from MATH 111 will be used in PHYS 101.

It is most helpful for students to take MATH 104 the semester before EXSC 433 as the information from MATH 104 will be used in EXSC 433.

It is recommended that students take no more than two laboratory classes in a single semester.

Students are encouraged to speak with their advisor about taking an independent study (EXSC 401) or an internship (EXSC 499).

Course scheduling notice:

<table>
<thead>
<tr>
<th>Fall only courses</th>
<th>Spring only courses</th>
<th>Currently not offered</th>
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<tbody>
<tr>
<td>ATEP 365</td>
<td>EXSC 438</td>
<td>EXSC 444</td>
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<tr>
<td>ATEP 437</td>
<td>EXSC 498</td>
<td>HEAL 442</td>
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<td>EXSC 433</td>
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<td>EXSC 439</td>
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Courses with Pre-requisites

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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Corresponding Pre-requisites</th>
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<tbody>
<tr>
<td>ATEP 365</td>
<td>General Medical Conditions in Athletics</td>
<td>BIOL 201 and Permission of instructor</td>
</tr>
<tr>
<td>ATEP 430/L</td>
<td>Therapeutic Exercise</td>
<td>BIOL 201, BIOL 202, EXSC 330</td>
</tr>
<tr>
<td>ATEP 437/L</td>
<td>Therapeutic Modalities</td>
<td>Permission of instructor</td>
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<tr>
<td>BIOL 201/L</td>
<td>Human Physiology</td>
<td>BIOL 111/L &amp; BIOL 112/L</td>
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<tr>
<td>BIOL 202/L</td>
<td>Human Anatomy</td>
<td>BIOL 111/L &amp; BIOL 112/L</td>
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<tr>
<td>HEAL 333</td>
<td>Sports and Exercise Nutrition</td>
<td>BIOL 201</td>
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<tr>
<td>HEAL 350</td>
<td>Epidemiology</td>
<td>HEAL 215 or Permission of instructor</td>
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<tr>
<td>EXSC 330</td>
<td>Kinesiology</td>
<td>BIOL 202/L &amp; EXSC 201</td>
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<tr>
<td>EXSC 340/L</td>
<td>Exercise Physiology</td>
<td>BIOL 201/L &amp; EXSC 201</td>
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<tr>
<td>EXSC 433</td>
<td>Research Design and Analysis</td>
<td>EXSC 330, EXSC 340, MATH 104</td>
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<tr>
<td>EXSC 438</td>
<td>Resistance Training and Conditioning</td>
<td>BIOL 202, EXSC 340</td>
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<tr>
<td>EXSC 439</td>
<td>Advanced Exercise Physiology</td>
<td>EXSC 340</td>
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<tr>
<td>EXSC 440</td>
<td>Biomechanics</td>
<td>EXSC 330, PHYS 101</td>
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<tr>
<td>PEHD 458</td>
<td>Organization and Administration</td>
<td>EXSC 201 &amp; ≥ 90 credit hours</td>
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<tr>
<td>EXSC 498</td>
<td>Capstone Experience</td>
<td>EXSC 433 and Permission of instructor</td>
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Revised: February 24, 2012
Allied Health Professional Programs Advising Notes

**Students interested in Physical Therapy programs**
- Many programs require Introduction to Psychology (PSYC 103), Abnormal Psychology (PSYC 221) and Lifespan Development (Developmental Psychology (PSYC 224)).
- Many programs require two chemistry courses (CHEM 101/L and 102/L or CHEM 111/L and 112/L).
- Many programs require two physics courses (PHYS 101/L and 102/L).
- It is critical that you check the prerequisite courses required by the schools you are interested in attending to make sure you include these prerequisite courses in your degree plan. Check with your advisor if you have questions.

**Students interested in Physician Assistant programs**
- Many programs require 9 credits of behavioral science (Psychology or Sociology) with Introduction to Psychology (PSYC 103) required plus 6 additional credits in Psychology or Sociology courses.
- Many programs require two chemistry courses (CHEM 101/L and 102/L or CHEM 111/L and 112/L).
- Many programs require Organic Chemistry (CHEM 231) or Biochemistry (CHEM 351).
- Many programs require Microbiology (BIOL 310).
- It is critical that you check the prerequisite courses required by the schools you are interested in attending to make sure you include these prerequisite courses in your degree plan. Check with your advisor if you have questions.

**Students interested in other allied health programs (Occupational Therapy, Medical or Dental School, etc.)**
- It is critical that you check the prerequisite courses required by the schools you are interested in attending to make sure you include these prerequisite courses in your degree plan. Check with your advisor if you have questions.

**Additional Exercise Science Career Options**
- Biomechanist (NASA, sport performance analysis, GAIT Lab)
- Cardiac Rehabilitation (via Graduate degree)
- Clinical Exercise Physiologist
- Corporate or Community Health and Wellness
- Dentistry / Medicine
- Dietetics & Nutrition (via Graduate degree)
- Employee Fitness Director
- Exercise Specialist (U.S. Air Force and U.S. ARMY employ civilians to train soldiers or run fitness facilities)
- Fitness Facility Manager, Program Director, or Staff
- Group Exercise Instructor
- Medical Equipment sales
- Orthotics and Prosthetics
- Personal Trainer
- Pharmaceutical sales
- Physical Therapy Aide
- Pulmonary Rehabilitation (via Graduate degree)
- R&D private industry (typically graduate research experience; often in-house training provided for UG degree)
- Researcher (Clinical or Hospital Research Center, U.S. Army Research Center)
- Sport Law (with Law degree)
- Sport Performance Coach / Strength and Conditioning Specialist
- University / College Professor / Instructor / Adjunct
- Workplace Ergonomics
General Education Degree Requirements for Catalog Year 2012-2013

For all undergraduate degrees, the total number of credit hours must include the following requirements. A minimum of 122 credit hours is required for graduation.

**English** □ ENGL 110 □ ENGL ____________
- ENGL 110 (4 credit hours) is required unless credit is awarded for AP, IB and/or Transfer English credit.
- Students with credit for English 101 & 102 (6 credit hours) satisfy the General Education requirement for English.
- Students with English 101 credit (3 credit hours) must complete English 110 (4 credit hours) or 215 (3 credit hours).
- Students with English 102 credit (3 credit hours) must complete English 110 (4 credit hours) or 215 (3 credit hours).

**Humanities** □ ____________ □ ____________ □ ____________ □ ____________
- Complete 12 credit hours from the approved Humanities areas with no more than 6 credit hours in any one of the areas (except interdisciplinary HONS).
- For a complete listing of approved courses, please consult your degree audit or visit: http://advising.cofc.edu/pdf/humanities.pdf

**Social Sciences** □ ____________ □ ____________
- Complete 6 credit hours from one or two of the approved social science areas.
- For a complete listing of approved courses, please consult your degree audit or visit: http://advising.cofc.edu/pdf/social-sciences.pdf

**Mathematics/Logic** □ ____________ □ ____________
- Complete 6 credit hours of approved courses in mathematics or logic, in any combination.
- For a complete listing of approved courses, please consult your degree audit or visit: http://advising.cofc.edu/pdf/math-logic-requirement.pdf

**History** □ Pre-Modern History ____________ □ Modern History ____________
- Complete one course in pre-modern history and one course in modern history from the list of approved courses satisfying the history requirement (6 credit hours). The two courses do not have to be taken from the same department or in sequence.
- For a complete listing of approved courses, please consult your degree audit or visit: http://advising.cofc.edu/pdf/history-requirement.pdf

**Natural Science** □ Science ____________ □ Lab ____________ □ Science ____________ □ Lab ____________
- Complete 8 credit hours (of which two semester hours must be earned in the accompanying laboratories): an introductory or higher sequence from one of the following: Astronomy (ASTR), Biology (BIOL), Chemistry (CHEM), Geology (GEOL), Physics (PHYS)

**Foreign Language** □ ____________ □ ____________ □ ____________ □ ____________ □ ____________
- Satisfactory completion of the 202-level or its equivalent or demonstration of proficiency at that level from one of the following: Arabic (ARBC), Chinese (CHNS), French (FREN), Ancient Greek (GREK), German (GRMN), Hebrew (HBRW), Hindi (HNDI), Italian (ITAL), Japanese (JPNS), Latin (LATN), Portuguese (PORT), Russian (RUSS), or Spanish (SPAN).
- Native speakers of languages other than English may be exempt from further language study, contact the School of Languages, Cultures and World Affairs for more information.
- Course level depends on placement. If you are beginning a new language, start with the 101-level.

**First-Year Experience (FYE)** □ ____________
- All entering students with less than one year of college experience are required to complete a First-Year Experience (First-Year Seminar (FSYM), a Learning Community (LC), or an Honors College First-Year Experience course) within their first three consecutive academic terms.
- For a complete listing of approved courses, please visit: fye.cofc.edu
Exercise Science Major Requirements

Degree: Bachelor of Science
Credit Hours: 71+

“PR” indicates a pre-requisite. “CO” indicates a co-requisite.
Courses within this major may also satisfy general education requirements. Please consult http://advising.cofc.edu/general-edu for more information.

☐ BIOL 201 Human Physiology (4) PR: BIOL 111/111L; BIOL 112/112L
☐ BIOL 202 Human Anatomy (4) PR: BIOL 111/111L; BIOL 112/112L
☐ MATH 104 Elementary Statistics (3) PR: MATH 101 or placement
OR
☐ MATH 250 Statistical Methods (3) PR: Either MATH 111, 120 or instructor permission

Core Requirements
☐ EXSC 201 Introduction to Health and Human Performance (cross-listed with PEHD 201) (3) PR: None
☐ EXSC 210 Concepts in Fitness Assessment and Exercise Prescription (3) PR: None
☐ HEAL 216 Personal & Community Health (3) PR: None
☐ EXSC 330 Kinesiology (3) PR: BIOL 202; EXSC 201 or PEHD 201
☐ EXSC 340 Exercise Physiology and Lab (4) PR: BIOL 201; EXSC 201 or PEHD 201
☐ EXSC 433 Research Design & Analysis (3) PR: EXSC 330; EXSC 340; MATH 104 or 250
☐ EXSC 498 Capstone in Exercise Science (2) PR: EXSC 433; permission of instructor
☐ PEHD 458 Organization & Administration in Health and Human Performance (3) PR: EXSC 201 or PEHD 201; sr. standing

24 credit hours selected from the following:

[ ] ____________ [ ] ____________ [ ] ____________ [ ] ____________

ATEP 365 General Medical Conditions in Athletics (3) PR: ATEP 345; BIOL 201; or instructor permission

ATEP 430 Therapeutic Exercise (3) PR: ATEP 245; ATEP 345; EXSC 330; BIOL 201; BIOL 202; or BIOL 201; BIOL 202; EXSC 201; EXSC 330; or instructor permission; CO: ATEP 430L

ATEP 437 Therapeutic Modalities (3) PR: ATEP 245 or EXSC 201; ATEP 345; CO: ATEP 437L

EXSC 401 Independent Study (3) PR: EXSC 201 or PEHD 201; instructor permission

EXSC 438 Advanced Topics in Resistance Training and Conditioning (3) PR: BIOL 201, 202; EXSC 340; or instructor permission.

EXSC 439 Advanced Topics in Exercise Physiology (3) PR: EXSC 340; or instructor permission.

EXSC 440 Biomechanics (3) PR: EXSC 201 or PEHD 201; EXSC 330; PHYS 101

EXSC 444 Scientific Writing and Data Analysis (3) PR: Senior standing

HEAL 333 Sports and Exercise Nutrition (3) PR: BIOL 201

HEAL 350 Epidemiology (3) PR: HEAL 215

PEHD 235 Motor Learning (3) PR: None

PEHD 355 Sports Psychology (3) PR: EXSC 201 or PEHD 201; PSYC 103; or instructor permission

Cognate Requirement
☐ CHEM 111 Principles of Chemistry (3) PR or CO: Unless students exempt MATH 111 (via diagnostic testing) or have completed this course as a pre-requisite, they are required to take MATH 111 as a co-requisite. CO: CHEM 111L
☐ CHEM 111L Principles of Chemistry Lab (1) CO: CHEM 111
☐ PHYS 101 Introductory Physics (3) PR: None; CO: PHYS 101L
☐ PHYS 101L Introductory Physics Lab (1) CO: PHYS 101
AND
☐ CHEM 112 Principles of Chemistry (3) PR: CHEM 111 and 111L; CO: CHEM 112L
☐ CHEM 112L Principles of Chemistry Lab (1) CO: CHEM 112
OR
☐ PHYS 102 Introductory Physics (3) PR: PHYS 101 and 101L; CO: PHYS 102L
☐ PHYS 102L Introductory Physics Lab (1) CO: PHYS 102

Revised: February 24, 2012
Planning Sheet

Name: ___________________________  Student ID: ______________________

Major/Concentration: __________________________________________________

E-Mail address (most used): ____________________________________________

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| Maymester | Summer |
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| Maymester | Summer |
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Advisor’s Signature  Student’s Signature  Date

Revised: February 24, 2012
Exercise Science Sample Student Schedule

Freshman

Fall
BIOL 111 and Lab-Intro to Cell Biol
ENGL 110-Intro to Academic Writing
Foreign Language
PSYC 103-Intro to Psychology
HIST 115
17 hrs

Spring
BIOL 112 and Lab-Evolut & Funct
Foreign Language
HIST 116
Humanity
HEAL 216-Personal/Comm Health
16/33 hrs

Sophomore

Fall
BIOL 202 and Lab-Human Anatomy
Foreign Language
EXSC 201-Intro to Exercise Science
Humanity
PSYC 224 Lifespan Development Psych
16 hrs

Spring
BIOL 201 and Lab-Human Physio
EXSC 210-Concepts in Fitness Assmnt Ex Prescrip
MATH 111-Pre-Calculus
Foreign Language
Directed Elective (from list)
16/65 hrs

Junior

Fall
Humanity
Directed Elective (from list)
EXSC 330-Kinesiology
PHYS 101 and Lab
CHEM 101 or 111 and Lab
16 hrs

Spring
EXSC 340 and Lab-Exercise Physio
MATH 104-Elementary Statistics
Directed Elective (from list)
Cognate
Directed Elective (from list)
17/98 hrs

Senior

Fall
EXSC 433-Research Design & Analysis
Directed Elective (from list)
Directed Elective (from list)
PEHD 458-Organ & Admin
Elective
16 hrs

Spring
EXSC 498-Capstone in Ex Sc
Humanity
Directed Elective (from list)
Directed Elective (from list)
11/125 hrs
Advising Statement of Understanding

Please initial each statement below. By initialing each statement you are indicating that you have read and understand the statement.

_______ I have been provided a copy of my advising materials.

_______ I know where this advising information is located on the College of Charleston website: http://hhp.cofc.edu/undergrad-progs/exsci.php

_______ I know it is my responsibility to take ownership of my academic career.

_______ I understand that if I do not follow the advising guidelines or take courses in their proper sequence that this will result in my graduation being delayed by one or more semesters.

_______ I know I can see my advisor at any time by simply contacting my advisor to schedule a meeting or drop in during posted office hours.

_______ I know I need to schedule a meeting with my advisor during the Spring semester of my Junior year to go through my degree audit to make sure I am on schedule to graduate.

_______ I know I need to complete my course schedule in Degree Works.

_______ I know that if I cannot register for a course on my course schedule that I need to email my advisor to check for proper substitutions.

_______ I understand that classes fill very quickly and therefore it is CRITICAL that every semester I need to register for classes as soon as possible.

_______ The above information has been explained to me and I understand this information.

____________________________________  ______________________________________
Student’s Name                              Student’s Signature

____________________________________  ______________________________________
Advisor’s Signature                          Date