



**Transfer Advising Guide: SCTCS Associate in Science to
Bachelor of Science in Exercise Science
Bulletin Year: 2025-2026**

This course plan provides a recommended sequence for this major. For detailed degree requirements, please refer to the University of South Carolina Bulletin. Additionally, reach out to your academic advisor at your technical college for assistance in navigating coursework in your college program of study. Your University of South Carolina advisor will help with course selection and planning for upcoming semesters after transfer.

Course Subject and Title	Credit Hours	Min. Grade	USC Equivalent Course	USC Degree Applicability
Semester One (16-17 Credit Hours)				
ENG 101 English Composition I	3	C	ENGL 101 Critical Reading & Composition	CC- CMW
MAT 130 Elementary Calculus or MAT 140 Analytical Geometry & Calculus I	3-4	C	MATH 122 Calculus for Bus Adm & Soc Sci or MATH 141 Calculus I	CC- ARP
PSY 201 General Psychology	3	C	PSYC 101 Intro to Psychology	CC- GSS
BIO 101 Biological Science I	4	C	BIOL 101/ 101L Biological Principles I w/ Lab	CC- SCI
COL 105 Freshman Seminar	3	C	UNEL 001T Freshman seminar	PR- Elective
Semester Two (17 Credit Hours)				
ENG 102 English Composition II	3	C	ENGL 102 Rhetoric & Composition	CC- CMW
BIO 102 Biological Science II	4	C	BIOL 102/ 102L Biological Principles II w/ Lab	CC- SCI
CHM 110 College Chemistry I	4	C	CHEM 111/ 111L General Chemistry I w/ Lab	PR
SOC 101 Intro to Sociology	3	C	SOCY 101 Intro to Sociology	CR
SPC 205 Public Speaking	3	C	SPCH 140 Public Communication	CC- CMS
Course Subject and Title	Credit Hours	Min. Grade	SCTCS Equivalent Course	USC Degree Applicability
Semester Three (14-15 Credit Hours)				
CHEM 112/ 112L General Chemistry II w/ Lab	4	C	CHM 111 College Chemistry II	PR
EXSC 191 Physical Activity & Health	3	C	No SCTCS Equivalent	CR
EXSC 223/ 223L Anatomy & Physiology I	4	C	BIO 210 Anatomy & Physiology I	MR
Foreign Language or Carolina Core Req.***	3-4		Equivalent Language Course ***	CC- GFL
Semester Four (17 Credit Hours)				
EXSC 224/ 224L Anatomy & Physiology II	4	C	No SCTCS Equivalent	MR
STAT 201 Elementary Statistics or STAT 205 Elem Stats for BIOL & Life SCI	3	C	MAT 120 Probability & Statistics or No SCTCS Equivalent	CC- ARP
PHYS 201/ 201L General Physics I w/ Lab	4	C	PHY 201 Physics I	PR
Cognate Course (300-level or above)	3	C	No SCTCS Equivalent	PR
Foreign Language or Carolina Core Req. ***	3		Equivalent Language Course ***	CC- GFL
Course Subject and Title	Credit Hours	Min. Grade	SCTCS Equivalent Courses (where applicable)	USC Degree Applicability
Semester Five (13 Credit Hours)				
EXSC 330/ 330L Exercise Physiology	4	C	No SCTCS Equivalent	MR
EXSC 351 Acquisition of Motor Skills	3	C	No SCTCS Equivalent	MR
Cognate Course (300-level or above)	3	C	No SCTCS Equivalent	PR
Cognate Course (300-level or above)	3	C	No SCTCS Equivalent	PR
Carolina Core Req. or Approved Elective ***	3		Equivalent if Applicable ***	CC/ PR
Semester Six (15 Credit Hours)				
PUBH 302 Intro to Public Health	3	C	No SCTCS Equivalent	CR
EXSC 335 Biomechanics of Human Movement or EXSC 410 Psychology of Physical Activity	3	C	No SCTCS Equivalent	MR
EXSC Cognate Course (300-level or above)	3	C	No SCTCS Equivalent	PR
Cognate Course (300-level or above)	3	C	No SCTCS Equivalent	PR
Carolina Core Req. - AIU ***	3		Equivalent if Applicable ***	CC-AIU
Semester Seven (13 Credit Hours)				
EXSC 401 Practicum Preparation	1	C	No SCTCS Equivalent	MR
EPID 410 Principles of Epidemiology	3	C	No SCTCS Equivalent	CR
EXSC Cognate Course (300-level or above)	3	C	No SCTCS Equivalent	PR
EXSC Cognate Course (300-level or above)	3	C	No SCTCS Equivalent	PR
Carolina Core Req. - GHS +	3		Equivalent if Applicable ***	CC-GHS (FD)
Semester Eight (12- 15 Credit Hours)				
EXSC 444 Exercise Science Practicum	6	C	No SCTCS Equivalent	MR
Carolina Core Req. - VSR ++	3		Equivalent if Applicable ***	CC-VSR (FD)
EXSC Cognate Course (300-level or above)	3	C	No SCTCS Equivalent	PR

* Additional courses may be transferred.

For more information about program requirements please visit <https://academicbulletins.sc.edu/undergraduate/programs-az/> and the course equivalency transfer table at https://banner.onecarolina.sc.edu/BannerExtensibility/customPage/page/z_spg_codes-transferequiv?mepCode=COL to determine how additional courses may transfer from your institution.

**Not all USC majors offer Transfer Advising Guides. The university's top transfer majors were selected for these guides.

*** In Resident Requirement: The last 25% of a student's degree must be completed in residence at the University of South Carolina, and at least half of the hours in the student's major course and in the student's minor courses (if applicable) must be taken at the University.

**** Transfer credits to USC must be from regionally accredited institutions for academic courses completed with grades of **C-** or better.

+ If HIST 111 Taken then this course will count as GHS and FD

++ If POLI 201 Taken then this course will count as VSR and FD

Disclaimer: Transfer Advising Guides are only a suggested or recommended sequence of courses required in a program of study. Please contact your academic advisor for assistance in the application of specific coursework to a program of study and course selection and planning for upcoming semesters.

University Requirements: Bachelor's degree-seeking students must meet Carolina Core (general education) requirements. For more information regarding these requirements, please visit the [Carolina Core](#) page on the University website.

Codes:			
CC	Carolina Core	CC-INF	Carolina Core – Information Literacy
CC-AIU	Carolina Core-Aesthetic and Interpretive Understanding	CC-INT	Carolina Core – Integrative Course
CC-ARP	Carolina Core-Analytical Reasoning and Problem-Solving	CC-SCI	Carolina Core – Scientific Literacy
CC-CMS	Carolina Core-Effective, Engaged, and Persuasive Communication: Spoken Component	CC-VSR	Carolina Core – Values, Ethics, and Social Responsibility
CC-CMW	Effective, Engaged, and Persuasive Communication: Written Component	CR	College Requirement
CC-GFL	Carolina Core-Global Citizenship and Multicultural Understanding: Foreign Language	MR	Major Requirement
CC-GHS	Carolina Core – Historical Thinking	PR	Program Requirement
CC-GSS	Carolina Core – Social Sciences	FD	Founding Documents