

Exercise Science BS Curriculum Map

	PUBH 102	EXSC 191	EXSC 223/L	EXSC 224/L	EPID 410	EXSC 530/L	EXSC 351	EXSC 531/L	EXSC 341A	Practicum	Carolina Core	Selectives
Goal 1. Acquire knowledge of theory and practice in the core areas of Exercise Science.												
1. Describe the relationship among behavior, physical activity, functional capacity and health and disease across the life span.		P									R	R
2. Explain the connections between anatomical structures, physiological and cellular mechanisms of exercise.			p	p							R	R
3. Use scientific inquiry skills to understand research on exercise science and public health issues.					P							R
Goal 2. Gain knowledge and skills of assessment techniques commonly used in Exercise Science.												
1. Conduct disease risk factor screening, physical fitness assessments and clinical exercise testing.						P		R	R			
Goal 3. Develop knowledge and skills for prescribing exercise interventions to improve the health of individuals of all ages.												
Explain factors related to optimal motor skill function related to physical activity and exercise.							P				R	R
Goal 4. Adapts acquired knowledge and abilities to address new challenges.												
Demonstrate proficient reasoning and critical thinking including the ability to analyze, synthesize, and evaluate information to make sound decisions and solve problems as they apply to exercise science and health.										P	R	R

P = Courses in which competencies are primarily gained; R = Courses in which competencies are reinforced