

**Piedmont College**  
**4-year plan**

**Program:** BS in Exercise and Sport Science

**Program Mission Statement:** The exercise and sport science program seeks to prepare undergraduate students for careers involving the study of movement and the associated functional responses and adaptations the human body experiences by providing the theoretical foundations for functional assessments, exercise testing, and exercise prescription in both healthy and clinical populations through exemplary classroom and laboratory instruction. Furthermore, the program is dedicated to respecting individual diversity and engaging the community by exposing students to a variety of healthcare settings, practitioners, and patient populations.

FIRST YEAR FALL		FIRST YEAR SPRING	
PDMT 1101 Intro to College Life	1	Math 1300 Elementary Statistics	3
ENG 1101 Rhetoric and Composition	3	ENG 1102 Literature and Composition	3
BIOL 1101 General Biology 1 (pre-req for 2100)	4	BIOL 2100 Human Anat. & Physiology I	4
HSCS 1110 Intro to Health Sciences	3	HSCS 2202 Care and Prevention	3
HSCS 1101 Emergency Care Techniques	2	Elective	3
<b>Total Hours</b>	<b>13</b>	<b>Total Hours</b>	<b>16</b>

SECOND YEAR FALL		SECOND YEAR SPRING	
CHEM 1101 General Chemistry 1	4	CHEM 1102 General Chemistry 2	4
HSCS 2221 Kinesiology and Biomechanics	3	HSCS 3321 Measurement and Evaluation	3
Foreign Language Requirement	3	Foreign Language Requirement	3
BIOL 2110 Human Anatomy & Physiology II	4	BIOL 2150 Medical Microbiology	4
ANTH 1102, ANTH 2250, EDUC 4401, ENGL 2201, ENGL 2202, HIST 1111, HIST 1112, or RELG 1101	3	HSCS 2210 Basic Nutrition	3
<b>Total Hours</b>	<b>17</b>	<b>Total Hours</b>	<b>17</b>

THIRD YEAR FALL		THIRD YEAR SPRING	
HSCS 2220 Introduction to Disease Process	3	MCOM 1110 or BUSA 2000	3
ENG Literature 2203-2222, PHIL 2201/2202, or RELG 2201/2254	3	HSCS 2301 Health Promotion	3
HSCS 4420 Exercise Prescription for Special Pops.	3	HSCS 4301 Applied Exercise Physiology or CHEM 4210 Biochemistry	3
HSCS 3301 Physiology of Exercise	4	MATH 1113 Pre-Calculus or MATH 2450 Calculus	3-4
<i>OPTIONAL: CHEM 2351 Organic Chemistry (only if taking CHEM4210)</i>		HSCS 1105 Medical Terminology	2
<b>Total Hours</b>	<b>13</b>	<b>Total Hours</b>	<b>14-15</b>

FOURTH YEAR FALL		FOURTH YEAR SPRING	
HSCS 4410 Research Methodology	3	PSYC 2290 Human Growth & Development	3
HSCS 4440 Sport Nutrition	3	HIST 2212 or POSC 1101	3
Art, Music or Theater requirement	3	BUSA 1210, PSY 1101 or SOCI 1101	3
Elective	2	HSCS 4450 Capstone	3
PHYS 1110 or PHYS 2110 General Physics 1	4	PHYS 1120 or PHYS 2120 General Physics 2	4
<b>Total Hours</b>	<b>15</b>	<b>Total Hours</b>	<b>16</b>
		<b>Total Hours for Program</b>	<b>121</b>