



**Bachelor of Science in Exercises and Sport Science, 2025-2026**

Midlands Technical College to USC Upstate Transfer Pathways			
If you complete your associate degree			
Associate's Degree	Completion of the Associate of Arts or Associate of Science degree satisfies all general education courses. Associate of Applied of Science completion requires a minimum 30 hours of general education credit be completed.	<input type="checkbox"/> AA <input type="checkbox"/> AS <input type="checkbox"/> AAS	<p>The following courses are recommended to be completed during associate degree completion to ensure timely graduation.</p> <p><b>MAT 111, BIO 101, AND CHM 110</b></p>
Exercise & Sports Science Transfer Notes	1. A maximum of 90 hours from a technical college program may be counted towards degree credit at USC Upstate. All courses transferred for degree credit must have a minimum grade of "C" 2. Additional pre-requisites may be required prior to registration in upper-level coursework. 3. Courses excluded from general transfer must be completed prior to upper-level courses.		

If you transfer before completing associate degree			
Recommended courses: Minimum 30 hours needed to transfer			
USC Upstate Courses		Hours	Midlands Technical College
<b>I. Communication</b>		<b>9 Hours</b>	
English	ENGL U101 U102	<input type="checkbox"/> <input type="checkbox"/>	ENG 101 ENG 102
Speech	SPCH U201	<input type="checkbox"/>	SPC 205
<b>II. Mathematics, Logic, &amp; Natural Sciences</b>		<b>14 Hours</b>	
Mathematics	MATH U102 or PSYC U225 MATH U121 or MATH U127* <small>*recommended for Health Science Emphasis</small>	<input type="checkbox"/> <input type="checkbox"/>	MAT 120 MAT 109 or MAT 111
Natural Science (w/lab)	CHEM U109/L & BIOL U110/L or CHEM U111/L & BIOL U101/L	<input type="checkbox"/> <input type="checkbox"/>	CHM 105 & BIO 105 or CHM 110 & BIO 101
<b>III. Information Technology</b>		<b>3 Hours</b>	
Info Tech	CSCI U138, U150; DGST U101; INFO U101, U102; MUSC U162	<input type="checkbox"/>	CPT 170
<b>IV. Fine Arts, Humanities &amp; History</b>		<b>9 Hours</b>	
Fine Arts	ARTH U101, U105, U106; MUSC U110, U140; THEA U161, U170	<input type="checkbox"/>	ART 101, 107, 108; MUS 105; THE 101, 105
History	HIST U101, U102, U105, U106	<input type="checkbox"/>	HIS 104, 105, 201, 202
Fine Arts, Humanities and/or History	AFAM U204; AMST U101, U102; ENGL U245, U252, U289, U290, U291; PHIL U102, U211; RELG U103; SOST U201	<input type="checkbox"/>	ENGL 201, 202, 205, 206, 208, 209, 234; PHI 101; REL 201
<b>V. Foreign Language and Culture</b>		<b>3 Hours</b>	
<small>The minimum acceptable level of competency is completion of the 101 level of a language. Students who place in the 102 or higher level of a language satisfy the language requirement but will have additional hours in general education electives. If hours are required by their degree program.</small>			
Foreign Language	ASLG U101; FREN U101; GERM U101; SPAN U101	<input type="checkbox"/>	ASL 101; FRE 101; GER 101; SPA 101
<b>VI. Social and Behavioral Sciences</b>		<b>6 Hours</b>	
Social & Behavioral Science	PSYC U101 and One of the following: AFAM U201; ANTH U102; CRJU U101; ECON U221, U222; GEOG U103; POLI U101, U200; SOCY U101; WGST U101	<input type="checkbox"/> <input type="checkbox"/>	PSY 201 and One of the following: ANT 101; CRJ 101; ECO 210, 211; PSC 201; SOC 101

<b>VII. General Ed. Electives</b>		<b>Not required</b>	
<b>General Ed. Electives</b>	Not required		
<b>Major Requirements</b>		<b>45 Hours</b>	
<b>Major Requirements</b>	EDHL U221; BIOL U243, U244 (or EXSC U290, U291); EDPH U170, EXSC U280, U301, U302, U390, U455, U457, U459, U480, U499	<input type="checkbox"/> <input type="checkbox"/>	BIO 210 BIO 211 Remainder to be completed at Upstate
<b>Major Electives</b>		<b>13 Hours</b>	
<b>Major Electives</b>	EDPH 100-level course (not U128), EDPH U304, U318, U320 or U415, U325; EXSC U270, U355, U401, U456, U467, U468, U498, U599; EDHL U128; BIOL U230 or NURS U230	<input type="checkbox"/>	AHS 102 Remainder to be completed at Upstate
<b>Minor or Health Science Emphasis</b>		<b>18-24 Hours</b>	
<b>Minor, Cognate, or Certificate</b>		18-24	
<b>Health Science Emphasis</b>  For pre-physical therapy students	BIOL U102; CHEM U112, PSYC U310; PHYS U201, U202	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	BIO 102 CHM 111 PHY 201 PHY 202 PSYC U310 to be completed at Upstate
<b>Total USC Upstate hours required for graduation</b>		<b>120</b>	

**\*\* Please refer to the transfer guide in the USC Upstate catalog, pages 22-23 at <http://www.uscupstate.edu/academics/catalog> for complete transfer options.**