

SPARTANBURG METHODIST COLLEGE

Bachelor of Science in Exercise Science

A Bachelor of Science in Exercise Science prepares students to pursue a career in the fitness and health industry. Combined with Spartanburg Methodist College's unique Camak Core professional development curriculum, students will be prepared to enter the workforce with the confidence in their academic skills and the workplace skills needed to contribute and succeed right away.

Exercise Science

An exercise science degree prepares students to pursue their passion for fitness and helping others stay healthy. Students will study fitness-related subjects like kinesiology, exercise physiology, strength and conditioning, and weight training to prepare them for an exercise-focused career.

PREPARING FOR YOUR CAREER

An exercise science degree prepares students for a variety of career fields, including athletic or personal trainers, wellness directors, physiotherapists, and other fitness-related positions.

CAMAK CORE

Every four-year degree at Spartanburg Methodist College includes our unique Camak Core professional development program. The Camak Core is a required set of courses that focus on teaching students professional skills such as leadership, teamwork, problem-solving, and professional communications. Students graduate better prepared to interview for jobs and enter the workforce.



To Learn More 864-587-4213 | admiss@smcsc.edu | smcsc.edu

Bachelor of Science in Exercise Science

The Bachelor of Science in Exercise Science degree trains individuals in fitness-related subjects like physiology, kinesiology, health promotion, and more. Students will be prepared to take positions in team sports, personal training, and exercise management among others. The skills acquired will give students ample opportunity to pursue the career of their choice.

Transfer Pathway

The transfer pathway into all of SMC’s bachelor’s degrees include the following elements: the student must have earned an Associate in Arts or Associate in Science degree or have earned 60 credit hours of transferable general education coursework with a minimum of a 2.00 GPA from a regionally accredited college or university.

Tuition & Fees

The tuition and fees below apply to the 2025-2026 school year. Please note that all tuition and fees are subject to change at any time when circumstances warrant.

Tuition (per academic year)	\$18,000*
Room & Board (per academic year)	\$10,200
Fees (per academic year)	\$3,700

*Tuition rate for full-time students is based on an hourly rate of \$750 per credit hour up to the 12-credit-hour, full-time requirement.

Financial Aid

Spartanburg Methodist College offers a robust selection of financial aid programs to assist students with the cost of college. The Full-Tuition Scholarship provides on-campus South Carolina LIFE Scholarship eligible students with a 3.0+ grade point average (GPA) aid to cover the cost of tuition. The Pioneer Promise Scholarship also covers the cost of fees and books for on-campus students with a 4.0+ GPA. Numerous other financial aid options are available to assist students. Contact our financial aid office at 864-587-4203 or finaid@smcsc.edu to review your options.

Course Requirements

Exercise Science

Subject/Course Requirement Semester Hours

Associate Degree* – 60 Hours Required

Associate degree or equivalent (60 credit hours of general education courses & 2.0 GPA)

Camak Core – 18 Hours Required

Professional development coursework to include leadership, communications, applied technology, and career-based experiences.

PDEV 301 Professional Communication	3
PDEV 310 Professional Development and Leadership	3
PDEV 320 Community Discovery and Engagement	3
PDEV 400 Applied Technology	3
PDEV 410 Semester Internship OR	
PDEV 411, 412, 413 Internships I, II, III (1 hour each)	3
PDEV 430 Capstone	3

Exercise Science Core – 32 Hours Required

EXSC 210 Introduction to Exercise Science	3
EXSC 320 Applied Anatomy and Kinesiology	4
EXSC 330 Health Promotion and Behavior Change	3
EXSC 340 Exercise Physiology	4
EXSC 410 Exercise Testing and Prescription	3
EXSC 420 Strength and Conditioning	3
EXSC 430 Exercise for Special Populations	3
EXSC 440 Specialist Certification Preparations	2
HLTH 101 First Aid and Personal Safety	3
PHED 130 Weight Training	1
SPMG 420 Sport Liability and Risk Management	3

Electives – 10 Hours Required

Students will take 10 hours from any level courses.

Total 120 Credit Hours

*Associate degree (not Applied Science) or equivalent from a regionally accredited college or university (60 credit hours of general education courses & 2.0 GPA).

