EXERCISE SCIENCE, AS

The Associate of Science in Exercise Science program is designed to provide students with knowledge of scientific principles underlying physical activity, exercise physiology, and human performance. The program combines evidence-based research with basic clinical skills to promote community well-being. It prepares students for careers in fitness, sports, healthcare, and community health equipping them with the knowledge and practical skills necessary to promote health and wellness, prevent injuries, and enhance athletic performance.

Program Learning Outcomes

1. Demonstrate a thorough understanding of the principles of exercise science, kinesiology, nutrition, and community health.
2. Describe the effects of health issues, such as infectious and chronic diseases, unhealthy food environments, physical inactivity on human performance, and overall well-being.
3. Develop interpersonal, communication, and leadership skills essential for leading health and fitness initiatives in collaboration with diverse healthcare professionals across corporate, community, and other wellness settings.

Requirements

Code	Title	Credits
Major-Related Courses		
EX-101	Introduction to Exercise Science	3
EX-110	Foundations of Personal Fitness and Training	3
EX-200	Principles of Kinesiology	3
EX-210	Prevention and Care of Athletic Injuries	3
EX-250	Exercise Programming	3
EX-290	Exercise Science Practicum	3
CH-101	Introduction to Community Health and Wellness	3
HC-126	Medical Terminology	3
SC-114	Human Anatomy and Physiology I	3
SC-114L	Human Anatomy and Physiology I Lab	1
SC-116	Human Anatomy and Physiology II	3
SC-116L	Human Anatomy and Physiology II Lab	1
HC-160	Emergency Medical Applications	3
SC-107	Physical Conditioning and Nutrition for Athletes	3
Major-Related Courses Subtotal		38
General Education and Related Courses		
EN-111	College Writing and Critical Analysis	3
EN-121	Analytical Thinking, Writing & Research	3
LA-101	Introduction to Psychology	3
LA-122	Fundamentals of Communication	3
LA-227	Sports Psychology	3
IT-115	Electronic Spreadsheet Applications	3
General Education and Related Courses Subtotal		24

Total Credits 62

A grade of “C” or better is required in the following courses for progression in the major: EX-101 Introduction to Exercise Science, EX-110 Foundations of Personal Fitness and Training, EX-200 Principles of Kinesiology, EX-210 Prevention and Care of Athletic Injuries, EX-250 Exercise Programming, EX-290 Exercise Science Practicum, MA-115 Quantitative Reasoning, CH-101 Introduction to Community Health and Wellness, HC-126 Medical Terminology, HC-160 Emergency Medical Applications, SC-114 Human Anatomy and Physiology I, SC-114L Human Anatomy and Physiology I Lab, SC-116 Human Anatomy and Physiology II, SC-116L Human Anatomy and Physiology II Lab, and SC-107 Physical Conditioning and Nutrition for Athletes.

Recommended Sequence

Course	Title	Credits
Semester 1		
EX-101	Introduction to Exercise Science	3
CH-101	Introduction to Community Health and Wellness	3
EN-111	College Writing and Critical Analysis	3
MA-115	Quantitative Reasoning	3
HC-126	Medical Terminology	3
	Credits	**15**
Semester 2		
EX-110	Foundations of Personal Fitness and Training	3
LA-101	Introduction to Psychology	3
LA-122	Fundamentals of Communication	3
HC-160	Emergency Medical Applications	3
SC-114	Human Anatomy and Physiology I	3
SC-114L	Human Anatomy and Physiology I Lab	1
	Credits	**16**
Semester 3		
EX-200	Principles of Kinesiology	3
EX-210	Prevention and Care of Athletic Injuries	3
SC-116	Human Anatomy and Physiology II	3
SC-116L	Human Anatomy and Physiology II Lab	1
EN-121	Analytical Thinking, Writing & Research	3
Liberal Arts Elective(s)		3
	Credits	**16**
Semester 4		
EX-250	Exercise Programming	3
EX-290	Exercise Science Practicum	3
LA-227	Sports Psychology	3
SC-107	Physical Conditioning and Nutrition for Athletes	3
IT-115	Electronic Spreadsheet Applications	3
	Credits	**15**
	Total Credits	**62**