

Exercise Science

Associate in Science Degree

Program **EXER.SCI.AS**
CIP 310505



The Exercise Science program provides the opportunity for students to acquire the skills, knowledge, and experience necessary to enter the continually evolving field of exercise science and to transfer into related baccalaureate programs.

Exercise Science offers a variety of career opportunities, such as those involving coaching, education, exercise physiology, exercise research, health promotion and program management, personal training, rehabilitative exercise, and sport-specific athletic performance.

The program prepares students to take the National Strength and Conditioning Association's Certified Personal Trainer (NSCA-CPT) exam. It also incorporates certification for First Aid Cardio-Pulmonary Resuscitation (CPR) for the Professional, and Automated External Defibrillator (AED).

Admission to the program requires a high school diploma or its equivalent.

PROGRAM OUTCOMES

- Succeed academically upon transfer to a baccalaureate program related to exercise science;
- Secure employment in the field of exercise science;
- Demonstrate the knowledge, skills, and ethical integrity necessary to succeed and grow as a health, wellness, fitness, and/or athletic performance professional;
- Apply scientific and physiological principles to the promotion and enhancement of health, wellness, fitness, and athletic performance;
- Assess and evaluate an individual's health and performance;
- Prescribe workouts for generally healthy individuals as well as for athletic populations and those with special considerations;
- Conduct safe and effective training sessions with generally healthy individuals.

Curriculum

Code	Course (lecture/lab hours)	Credits
FIRST SEMESTER		
BIO 103	Anatomy and Physiology I (3/3)	4
CMN 111	Speech: Human Communication (3/0)	3
	OR	
CMN 112	Public Speaking (3/0)	3
ENG 101	English Composition I (3/0)	
HPE 151	Introduction to Exercise Science (1/0)	1
HPE 110	Concepts of Health and Fitness (1/2)	2-3
	OR	
HPE 111	Living with Health (3/0)	3-4
MAT —	Mathematics elective ¹	
SECOND SEMESTER		
BIO 104	Anatomy and Physiology II (3/3)	4
ENG 102	English Composition II (3/0)	3
HPE 134	Prevention, Assessment and Care of Athletic Injuries (3/0)	3
	OR	
HPE 105	First Aid, CPR, and AED (2/2)	3
IST 101	Computer Concepts with Applications (2/2)	
PSY 101	Introduction to Psychology (3/0)	3
THIRD SEMESTER		
HPE 140	Kinesiology for Exercise Science (3/0)	3
HPE 163	Principles of Coaching (2/0)	2
HPE 242	Exercise Measurement and Prescription (2/3)	3
MAT —	Mathematics elective ¹	3-4
— —	General Education elective ²	3
FOURTH SEMESTER		
HPE 101	Basic Concepts of Nutrition (3/0)	3
HPE 241	Applied Exercise Physiology (2/2)	3
HPE 243	Exercise Science Field Experience (225 hours) ³	3
— —	Humanities general education elective	3
— —	General Education elective ⁴	3
		61-64

¹ Select from MAT 120, 125, 126, 135, 140, 146, 151, 152, 200, 205.

² Select course from either Social Science or Humanities general education categories.

³ 15 hours per week for 15 weeks.

⁴ Select course from the following general education categories: Social Science, Humanities, Historical Perspective, Diversity and Global Perspective.

NOTE: Students must earn a minimum grade of C in all required BIO, PTA, and HPE courses to graduate.