

Exercise Science A.S. (EXSS)

This program prepares students to transfer to a baccalaureate degree program in Exercise Science, Adult Health, Exercise Physiology, Kinesiology, and similar curricula in Health, Physical Education, Recreation and Dance.

Graduates of such baccalaureate programs find employment in health, wellness, health management, health center and fitness center program management, corporate health and wellness programs, health and physical education teaching, exercise physiology teaching and research, medical exercise rehabilitation programs, adult fitness programs and related fields. The curriculum includes general education requirements, a basic science and math foundation and a broad base in discipline-related courses such as exercise physiology, nutrition, and exercise measurement and prescription. In addition, the program will prepare the students to sit for nationally accredited exams in the field of exercise science such as the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA).

Upon successful completion of this program, graduates will be able to:

- take advanced academic work at a four-year institution in one of the exercise science professions.
- sit for nationally accredited exams in the field of exercise science (ACSM, NSCA, etc.).
- conduct complete fitness assessments and prescribe exercise programs to the public.
- recognize how the body works and how it is affected by environmental factors
- recognize liability issues facing the student as they go to work in this “hands-on” profession

Students should consult the catalog of the four-year college or university to which he or she plans to transfer to ensure that degree requirements are being properly met. Transfer information for this program is on file in the Transfer and University Center. For more information, contact an academic advisor or counselor.

First Semester

		Credits
ENG 105	Research and Composition	3
EXS 101	Introduction to Exercise Science	3
HPE 101	Personal and Community Health	2
MAT 150	Introduction to Probability and Statistics	
or MAT 160	College Algebra	3
Elective	Physical Education	1
Elective	Humanities	3
		15

Second Semester

ENG 106	Introduction to Literature	3
EXS 102	Exercise Measurement & Prescription	3
BIO 163	Anatomy and Physiology I	4
SPM 102	Sport History and Philosophy	3
Elective	Social Science	3
		16

Third Semester

EXS 107	Care and Prevention of Athletic Injuries	3
EXS 108	Sport Nutrition	3
BIO 164	Anatomy and Physiology II	4
Elective	Physical Education	1
Elective	Social Sciences/Humanities	3
		14

Fourth Semester

ENG 111	Speech	3
EXS 103	Methods of Instruction and Personal Training	3
SPM 103	Science and Wellness	3
BIO 124	Nutrition	3
Elective	Free Elective	3-4
		15-16

Credit Total **60**

Recommended electives: CHE 111; CIS 105; PED 110, 143, 165; PSY 140; SOC 150.

Prior Learning Assessment: Previous job training, certificates and work experience that may qualify for college credit (*see academic advisor*).

Gateway Courses: Based on placement testing in reading, writing and math, these prerequisite courses may have to be taken before placement in College English or Mathematics beginning the first semester and concurrently.

RSS 099	Basic Skills Reading	3
RSS 100	Critical Reading	3
ENG 099	Basic Skills Writing	3
ENG 100	Fundamentals of Writing	3
MAT 090	Mathematical Literacy	6
ESL 251	English for Academic Purpose	6
(Required for ESL students only.)		

Please note, taking gateway courses will increase your time for completion.