

The **Associate of Science in Exercise Science** is recommended for students interested in a career in exercise physiology, physical therapy/physical therapy assistant, athletic training, chiropractic, sports nutrition, teaching physical education, sports medicine, cardiac rehab, and related fields. With the two-year degree, students will have the foundation to transfer to various four-year programs in related fields. This two-year program provides an area of concentration in exercise science that enhances your marketability in various fitness and wellness occupations and prepares you to take national fitness certification exams.

This program will challenge students to learn the theory in the classroom and apply it to solve real challenges with volunteer participants. The classroom courses provide a solid knowledge base of human anatomy, physiology, chemistry, and biomechanics of human movement. Each core course of the program provides “hands-on” experiences that will challenge students to apply their knowledge base as they work with community members and volunteers.

Degree Requirements

Fall Semester I

BIOL 1010 - General Biology	Credits: 4	
ENGL 1010 - English Composition I	Credits: 3	
KIN 1009 - Applied Fitness	Credits: 3	
KIN 1130 - Teaching Individual/Group Fitness	Credits: 3	
KIN 1470 - Exercise Science Practicum I	Credits: 0.5	
CMAP 1750 – Excel Basics	Credits: 1	Subtotal: 14.5

Freshman Year - Fall Semester Notes: In addition to ENGL 1010 students may be required to also take ENGL 1011 (2 credits) due to placement, adding 2 additional credits to their graduation total.

Spring Semester I

KIN 1110 – Exploring Mindbody Movement	Credits: 3	
HLED 1141 - Nutrition OR HLED 1003 Wellness	Credits: 3	
MATH 1400 - College Algebra	Credits: 3	
KIN 1471 - Exercise Science Practicum II	Credits: 0.5	
PSYC 1000 - General Psychology	Credits: 3	
KIN 2230 – Sports and Exercise Psychology	Credits: 3	Subtotal: 15.5

Freshman Year - Spring Semester Notes: Check Transfer institution to determine if HLED 1141 or HLED 1003 is best. Some Institutions may allow both as electives

Fall Semester II

KIN 2130 - Fundamentals of Exercise Science	Credits: 4	
BIOL 2010 - Human Anatomy & Physiology I	Credits: 4	
CHEM 1020 – General Chemistry I	Credits: 4	
Human Societies and the Individual	Credits: 3	
KIN 2470 - Exercise Science Practicum III	Credits: 0.5	Subtotal: 15.5

Sophomore Year - Fall Semester Notes: CHEM 1020 is recommended for students who plan to transfer. CHEM 1000 is an alternative option for non-transfer students.

Spring Semester II

BIOL 2015 - Human Anatomy & Physiology II	Credits: 4	
PHYS 1110 General Physics OR STAT 2050 Statistics	Credits: 3	
COMM 1030 - Interpersonal Communication	Credits: 3	
KIN 2235 - Applied Exercise Science	Credits: 4	
KIN 2135 - Personal Trainer Education OR HLTK 1200 Medical Term.	Credits: 1	
KIN 2471 - Exercise Science Practicum IV	Credits: 0.5	Subtotal: 15.5

Sophomore Year - Spring Semester Notes: COMM 2010 may be substituted for COMM 1030. Current CPR/First Aid certification required to take ACE Personal Trainer Exam. PHYS 1110, STAT 2050 and HLTK 1200 are required by most programs in the field.

Total Credit Hours: 61