

# EXERCISE SCIENCE: HEALTH, FITNESS AND SPORTS PERFORMANCE, ASSOCIATE IN APPLIED SCIENCE



## HEALTH SCIENCES

Associate in Applied Science: AAS 3059

62-74.5 Credits

### Program Contact

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## Program Description

The Associate in Applied Science (AAS) in Exercise Science: Health, Fitness and Sports Performance program prepares students for the American College of Sports Medicine (ACSM), National Strength and Conditioning Association (NSCA), National Academy of Sports Medicine (NASM) and the American Council on Exercise (ACE) personal trainer certifications. The curriculum is designed to prepare students for employment in entry-level positions such as personal training within health and fitness clubs, wellness centers, and public and private recreation facilities. This curriculum also provides good preparation for transfer to a four-year bachelor program.

## Program Notes

Students must earn a grade of "C" or better required for all courses within the program. Overall program minimum GPA = 2.00.

++ indicates any suffixed course may be selected.

## Program Requirements

Program Prerequisites: None

Code	Title	Credits	Semester
<b>Required Courses</b>			
Select one of the following:		0-4	_____
BIO181	General Biology (Majors) I		_____
One year of high school biology			
BIO160	Introduction to Human Anatomy and Physiology	4	_____
	or BIO201		_____
	Human Anatomy and Physiology I		_____
Select one of the following:		0-0.5	_____
EMT101	Basic Life Support/ Cardiopulmonary Resuscitation (CPR) for Health Care Providers		_____

WED106	Cardiopulmonary Resuscitation (CPR)/Automated External Defibrillator (AED)		_____
Current CPR/AED certification			
EXS101	Introduction to Exercise Science	3	_____
EXS125	Introduction to Exercise Physiology	3	_____
EXS146	Introduction to Exercise Testing	1	_____
EXS215	Resistance Training and Recovery Techniques	3	_____
EXS217	Cardiorespiratory and Flexibility Training	3	_____
EXS246	Advanced Exercise Testing	2	_____
EXS255	Program Design: Muscular Fitness and Performance	3	_____
EXS257	Program Design: Cardiorespiratory Fitness	3	_____
Student must complete three (3) credits from the following EXS internship course options:		3	_____
Option 1			
Select one of the following:			
EXS270	Exercise Science Internship		_____
or EXS270AAExercise Science Internship			
EXS270AB	Exercise Science Internship		_____
Option 2			
Select one of the following:			
EXS275	Sport Science Internship		_____
or EXS275AASport Science Internship			
EXS275AB	Sport Science Internship		_____
Option 3			
EXS270AA	Exercise Science Internship		_____
EXS275AB	Sport Science Internship		_____
Option 4			
EXS270AB	Exercise Science Internship		_____
EXS275AA	Sport Science Internship		_____

EXS290	Introduction to Evidence-Based Practice	3	_____
FON100 or FON241	Introductory Nutrition Principles of Human Nutrition	3	_____
FYE101 or FYE103	Introduction to College, Career and Personal Success Exploration of College, Career and Personal Success	1-3	_____
HES100	Healthful Living	3	_____
HES210	Cultural Aspects of Health and Illness	3	_____
PED101ST or PED101RT	Strength Training Resistance Training for Improved Sports Performance	1	_____
Select one of the following:		1	_____
PED101BC	Boot Camp		_____
PED101BS	Body Sculpting		_____
PED101CY	Cycling - Indoor		_____
PED101GF	Group Fitness/ Aerobics		_____
PED101KB	Kickboxing		_____
PED101LD	Latin Dancing		_____
PED101PC	Physical Conditioning		_____
PED101PS	Pilates		_____
PED101SR	Stretch and Relaxation		_____
PED101TC	Tai Chi		_____
PED101TX	Suspension Training		_____
PED101YG	Gentle Yoga		_____
PED101YH	Hatha Yoga		_____
PED101YO	Yoga		_____
PED101YP	Power Yoga		_____
PED101YR	Restorative Yoga		_____
PED101ZU	Zumba Fitness		_____
PSY101	Introduction to Psychology	3	_____

**Restricted Electives**

Complete one (1) credit from one of the following course options not already selected in the Required Courses area. Choose a course that best aligns with your academic and professional goals. Consult with an academic, faculty, or program advisor as needed.

EXS+++++	Any EXS Exercise Science course		_____
FON+++++	Any FON Food and Nutrition course		_____

HES+++++		Any HES Health Science course	_____
PED+++++		Any PED Physical Education course	_____
IFS110		Critical Research for College Success	_____
<b>General Education</b>			
<b>Core</b>			
<i>First-Year Composition</i>			
ENG101	First-Year Composition	3	_____
or ENG107	First-Year Composition for ESL		_____
ENG102	First-Year Composition	3	_____
or ENG108	First-Year Composition for ESL		_____
<i>Oral Communication</i>			
Select one of the following:		3	_____
COM100	Introduction to Human Communication		_____
COM110	Interpersonal Communication		_____
COM225	Public Speaking		_____
COM230	Small Group Communication		_____
<i>Critical Reading</i>			
Select one of the following:		0-3	_____
CRE101	College Critical Reading and Critical Thinking (or equivalent by assessment)		_____
OR Equivalent as indicated by assessment			_____
<i>Mathematics</i>			
Select one of the following options:		3-6	_____
<b>Option 1</b>			
Select one of the following:			_____
MAT140	College Mathematics		_____
MAT141	College Mathematics		_____
MAT142	College Mathematics		_____
MAT145	College Mathematics with Review		_____
MAT146	College Mathematics with Review		_____
<b>Option 2</b>			
Select one of the following:			_____
MAT150	College Algebra/ Functions		_____
MAT151	College Algebra/ Functions		_____

MAT152	College Algebra/ Functions	_____
MAT155	College Algebra/ Functions with Review	_____
MAT156	College Algebra/ Functions with Review	_____
	Higher level course in the Mathematical Applications <sup>MA</sup> area	_____
<b>Distribution</b>		
<i>Humanities, Arts and Design</i>		
Any approved general education course(s) from the Humanities, Arts and Design area	3	_____
<i>Social and Behavioral Sciences</i>		
Met by Required Courses <sup>1</sup>	0	_____
<i>Natural Sciences</i>		
Met by Required Courses <sup>2</sup>	0	_____
<b>Total Credits</b>	<b>62-74.5</b>	_____

<sup>1</sup> Met by HES100 Healthful Living in Required Courses.

<sup>2</sup> Met by BIO201 Human Anatomy and Physiology I in Required Courses.