

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



HEALTH SCIENCES

Program Requirements

Program Prerequisites: None

Code	Title	Credits	Semester
Required Courses			
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 EXS270AA Exercise Science Internship			_____
EXS270AB	Exercise Science Internship		_____
Option 2			
Select one of the following:			
EXS275	Sport Science Internship		_____
or EXS275AA Sport 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	Introductory Nutrition	3	_____
or FON241	Principles of Human Nutrition		_____
FYE101	Introduction to College, Career and Personal Success	1-3	_____
or FYE103	Exploration of College, Career and Personal Success		_____
HES100	Healthful Living	3	_____
HES210	Cultural Aspects of Health and Illness	3	_____
PED101ST	Strength Training	1	_____
or PED101RT	Resistance Training for Improved Sports Performance		_____
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.		1	
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			
General Education			
Core			
<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	
Option 1			
Select one of the following:			
MAT140	College Mathematics		
MAT141	College Mathematics		
MAT142	College Mathematics		
MAT145	College Mathematics with Review		
MAT146	College Mathematics with Review		
Option 2			
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 ^{MA} area			
Distribution			
<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 ¹		0	
<i>Natural Sciences</i>			
Met by Required Courses ²		0	
Total Credits		62-74.5	

¹ Met by HES100 Healthful Living in Required Courses.

² Met by BIO201 Human Anatomy and Physiology I in Required Courses.