

The **Associate of Science in Exercise Science** is recommended for students interested in a career in exercise science, physical therapy, personal training, athletic training, sports medicine, and related fields. With the two-year degree, students will have the foundation to transfer to various four-year programs in exercise science and related fields. For students who already have a four-year degree, 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 problems with real clients. The classroom courses provide a solid knowledge base of human anatomy, physiology, chemistry, and biomechanics of human movement. In addition, the program includes “hands-on” courses that will challenge students to apply that knowledge base to real clients with real problems, such as fundamentals of exercise science, exercise physiology, personal training exam preparation, and hands-on practicums.

Degree Requirements

Freshman Year - Fall Semester

▪ 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 2470 - Exercise Science Practicum I	Credits: 0.5-2	
▪ Western Experience	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. Exercise Science students should take an approved PEAC course to fulfill the Western Experience requirement.

Freshman Year - Spring Semester

▪ Physical Activity Elective	Credits: 1	
▪ HLED 1140 - Nutrition	Credits: 3	
▪ MATH 1400 - College Algebra	Credits: 3	
▪ KIN 2470 - Exercise Science Practicum I	Credits: 0.5-2	
▪ PSYC 1000 - General Psychology	Credits: 3	
▪ Creative Experience	Credits: 3	
▪ CMAP 1530 - Excel Basics	Credits: 1	Subtotal: 14.5

Freshman Year - Spring Semester Notes: KIN 1110 is recommended for Exercise Students to fulfill Creative Experience.

Sophomore Year - Fall Semester

▪ KIN 2130 - Fundamentals of Exercise Science	Credits: 4	
▪ BIOL 2010 - Human Anatomy & Physiology I	Credits: 4	
▪ CHEM 1000 - Introductory Chemistry	Credits: 4	
▪ Human Societies and the Individual	Credits: 3	
▪ KIN 2471 - Exercise Science Practicum II	Credits: 0.5-2	Subtotal: 15.5

Sophomore Year - Fall Semester Notes: CHEM 1020 may be taken in place of CHEM 1000. General Chemistry I, General Physics, and Statistics are also requirements at most transfer institutions.

Sophomore Year - Spring Semester

▪ BIOL 2015 - Human Anatomy & Physiology II	Credits: 4	
▪ HLED 1003 - Wellness	Credits: 3	
▪ COMM 1030 - Interpersonal Communication	Credits: 3	
▪ KIN 2235 - Applied Exercise Science	Credits: 4	
▪ KIN 2135 - Personal Trainer Education	Credits: 1	
▪ KIN 2471 - Exercise Science Practicum II	Credits: 0.5-2	Subtotal: 15.5

Sophomore Year - Spring Semester Notes: KIN 2230 may be substituted for HLED 1003. COMM 2010 may be substituted for COMM 1030. A PEAC course may be substituted for KIN 2135. HLED 1225 or current CPR/First Aid certification required to take ACE Personal Trainer Exam.

Total Credit Hours: 60