

**EXERCISE SCIENCE
AREA OF CONCENTRATION**

Students successfully completing this program are awarded an Associate of Science Degree in Arts and Sciences in the Exercise Science area of concentration. In order to become an athletic trainer students must complete a bachelor’s degree in athletic training or exercise science at a four-year university.

Successful completion of this program qualifies the student to apply for an Associate of Science degree in Arts and Sciences – Area of Concentration in Exercise Science.

FIRST SEMESTER	Credit Hours
Biological Science 101 (General Biology I)	4
English 101 (Freshman English I)	3
Geography 102 or History 105 (Cultural Geography or Contemporary World History)	3
Physical Education 145 (Personal Wellness)	2
Physical Education 173 (Introduction to Exercise and Sport Science).....	3
Physical Education 174 (Foundations of Resistance Training)	1
	Total: 16
SECOND SEMESTER	
Biological Science 114 (Fundamentals of Nutrition)	3
English 103 or 112 (Introduction to Literature or Business and Technical Communications)	3
Mathematics 109 (Probability and Statistics)	3
Physical Education 175 (Group Methods of Exercise)	3
Speech 101 (Speech Communication)	3
	Total: 15

THIRD SEMESTER	Credit Hours
Biological Science 207 (Anatomy and Physiology of the Human I)	4
Physical Education 232 (Lifespan Health and Fitness).....	3
Physical Education 233 (Exercise Science Administration)	3
Physical Education Elective	1
① Social and Behavioral Science Elective	3
	Total: 14

FOURTH SEMESTER	Credit Hours
Biological Science 208 (Anatomy and Physiology of the Human II)	4
① Humanities Elective	3
Physical Education 153 (Cardiopulmonary Resuscitation and First Aid).....	2
Physical Education 235 (Biomechanics of Exercise Science)	3
① Social and Behavioral Science Elective	3
	Total: 15
	Total Credit Hours: 60

① Consult your advisor or Advising Center staff for appropriate courses.

NOTE: All courses specifically identified by course number are graduation requirements for this program.