

**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	THIRD SEMESTER	Credit Hours
Biological Science 101 (General Biology I)	4	Biological Science 207 (Anatomy and Physiology of the Human I)	4
English 101 (Freshman English I)	3	Physical Education 155 (Mind-Body Movement Stress Reduction Techniques)	1
Physical Education 104 (Swimming)	1	Physical Education 209 (Foundations of Training I)	3
Physical Education 145 (Personal Wellness)	2	Speech 101 (Speech Communication I)	3
Psychology 101 (General Psychology)	3	① Social and Behavioral Science Elective	3
Student Development 106 (Connections: On Course for Success)	3	Total: 14	
Total: 16			
 SECOND SEMESTER		 FOURTH SEMESTER	
Biological Science 114 (Fundamentals of Nutrition)	3	Biological Science 208 (Anatomy and Physiology of the Human II)	4
English Elective	3	Business Administration 101 (Introduction to Business)	3
① Humanities Elective	3	Physical Education 153 (Cardiopulmonary Resuscitation and First Aid)	2
Mathematics 109 (Probability and Statistics)	3	Physical Education 210 (Foundations of Training II)	3
Medical Administrative Assistant 110 (Medical Terminology)	3	① Social and Behavioral Science Elective	3
Total: 15		Total: 15	
		Total Credit Hours: 60	

① Consult your advisor, the Advising Center or Student Success Center for appropriate courses.

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