



AS 3121 EXERCISE SCIENCE
Effective Fall 2018

60 credits

This is an overview of the program. Any suggested course sequencing is meant to serve as a guideline for your semester planning. Students are expected to see your assigned advisor to develop and review their individual educational plans. The scheduling of courses, program sequencing and curriculum are subject to change.

Developmental Courses (as determined through College Placement Testing)* and Prerequisites:

** Zero level courses must be completed with a C grade or higher.*

<input type="checkbox"/>	ESL classes	<input type="checkbox"/>	Engl 050	<input type="checkbox"/>	Math 006	<input type="checkbox"/>	Math 033	<input type="checkbox"/>	Biol 111/108/115
<input type="checkbox"/>	Engl 002	<input type="checkbox"/>	Engl 051	<input type="checkbox"/>	Math 090	<input type="checkbox"/>	Math 044	<input type="checkbox"/>	Chem 100
<input type="checkbox"/>	Engl 003	<input type="checkbox"/>	Engl 057	<input type="checkbox"/>	Math 008	<input type="checkbox"/>	Math 045	<input type="checkbox"/>	Math 103/104
<input type="checkbox"/>	Engl 007			<input type="checkbox"/>	Math 022	<input type="checkbox"/>	Math 055	<input type="checkbox"/>	Math 119

*See counselor/advisor to discuss this course or options to self-remediate and successfully place into higher- or college-level course.

General Education Courses		Prerequisites
ENGL 101	3cr	Eligibility for enrollment into ENGL 101
ENGL 102	3cr	Completion of ENGL 101 w/grade of C or higher
COMM 101	3cr	Eligibility for enrollment into ENGL 101
HUM & ARTS ELECTIVE	3cr	ART 181; ART 182; ENGL 206; Foreign Language; HUM 101; HUM 115; HUM 201; MUS 104; PHIL 200; THTR 101 (Select one from this list)
SOCIAL & BEHAVIORAL SCIENCES ELECTIVE	3cr	See approved list of Social & Behavioral Science electives
MATHEMATICS OR SCIENCE ELECTIVE	3-4cr	See approved list of Mathematics or Science Electives
MATHEMATICS ELECTIVE	3-4cr	See approved list of Mathematics Electives
FIRST YEAR SEMINAR (FYS – REC. SCI 100)	1cr	One credit hour in FYS coursework unless exempted by examination. See HACC catalog for a list of approved courses. (Recommend SCI 100)

Required Program Courses			Prerequisites
BIOL 121	4cr	Anatomy & Physiology I	ENGL 003, 007, or 057 w/a grade of C or higher; high school biology and chemistry or HACC equivalents
BIOL 122	4cr	Anatomy & Physiology II	BIOL 121 w/a grade of C or higher
CHEM 101	4cr	General Inorganic Chemistry I	MATH 103, eligibility for enrollment into ENGL 101, and successful completion of (1) high school chemistry or (2) CHEM 100 w/a grade of C or higher, or, (3) Toledo Chemistry Placement Exam (minimum score – 26)
EXSC 102	3cr	Introduction to the Exercise Sciences	Eligibility for enrollment into ENGL 003
EXSC 202	3cr	Functional Anatomy and Exercise Physiology	EXSC 102, BIOL 121, and PE 201 w/a grade of C or higher, or co-requisite PE 201; or the approval of the Physical Education/Exercise Science Program Coordinator
HLTH 101	3cr	Healthful Living	n/a
NUTR 104	3cr	Nutrition	n/a
PE 201	3 cr	Living Fit and Well	n/a
Program Specific Electives	11cr	Select Program Specific Electives from the following: CHEM 102, MATH 103, MATH 202, PE 130, PE 169, PE 178, PE 179, PE 180, PE 181, PE 182, PE 183, PE 184, PHYS 201, PHYS 202, PSYC 241	See college catalog based on course selection; consult w/your program advisor

Recommended Sequence For Full-Time Students							
Part-time students can complete this program by taking one or more courses each semester.							
Semester 1		Semester 2		Semester 3		Semester 4	
BIOL 121	4	BIOL 122	4	CHEM 101	4	Math/Science Elective	3
ENGL 101	3	ENGL 102	3	COMM 101	3	Program Electives	8
EXSC 102	3	EXSC 202	3	Humanities/Arts Elective	3	Social/Behavioral Science Elective	3
FYS Elective	1	HLTH 101	3	NUTR 104	3		
Mathematics Elective	3	PE 201	3	Program Electives	3		

Counselor/Advisor Contact Information by Campus:				
<u>Gettysburg</u>	<u>Harrisburg</u>	<u>Lancaster</u>	<u>Lebanon</u>	<u>York</u>
Student Services	Counseling and Advising	Counseling and Advising	Receptionist Desk	Counseling and Advising
Lobby	Cooper 219	221 Main	Lobby	Leader Suite 104
717-337-3855	717-780-2498	717-358-2988	717-270-4222	717-801-3213