

EXERCISE SCIENCE, Associate in Science Degree - 3121

Science Department

The Exercise Science AS degree prepares students to transfer to a baccalaureate degree program in Exercise Science or similar curricula in Health, Exercise Physiology, Kinesiology, or Athletic Training.

Graduates of such baccalaureate programs find employment in health and fitness center program management, corporate health and wellness programs, exercise rehabilitation programs, adult fitness programs and related fields. The curriculum includes general education requirements, a basic science and math foundation and a broad base in the exercise sciences and discipline-related courses such as: exercise physiology, health, nutrition, anatomy and kinesiology and exercise measurement and prescription. The Exercise Science AS program prepares students to sit for nationally accredited certified personal trainer exams, such as the American College of Sports Medicine (ACSM), American Council on Exercise (ACE), and the National Strength and Conditioning Association (NSCA)

Since the requirements of 4-year colleges/universities vary widely, it is essential that students choose an intended transfer institution as soon as possible and carefully follow the program described in that college's catalog. The entire Exercise Science program is available at the Harrisburg and Lancaster campuses.

Transfer Opportunities

This transfer curriculum is provided as a guide for students planning to transfer to a baccalaureate degree granting institution. Graduates of the program can obtain positions in fitness centers, exercise program instruction and management, personal training (ACSM, ACE, NSCA), corporate health and wellness programs, exercise rehabilitation programs, youth and adult recreation programs, and other related fields.

Competency Profile:

This curriculum is designed to prepare the students to:

- Demonstrate the knowledge, skills, and abilities required by the national certification exams for personal training
- Demonstrate skill in the identification of risk factors and in the description of health status
- Conduct a variety of fitness assessments for all components of health-related fitness
- Effectively develop and implement exercise prescriptions to improve and enhance all components of health-related fitness
- Effectively educate and/or communicate with individuals regarding life style modification to improve and enhance personal fitness, health, and well-being

PROGRAM REQUIREMENTS (TOTAL CREDITS = 60)

General Education		Major Requirements		Other Required Courses	
ENGL 101 English Composition I	3	BIOL 122 Anatomy & Physiology II	4	Program Specific Electives**	11
ENGL 102 English Composition II	3	CHEM 101 General Inorganic Chemistry I	4		
COMM 101 Effective Speaking	3	EXSC 102 Introduction to the Exercise Sciences	3		
Humanities & Arts Elective*	3	EXSC 202 Functional Anatomy & Physiology	3		
Mathematics Elective	3	HLTH 101 Healthful Living	3		
Mathematics or Science Elective	3	NUTR 104 Nutrition	3		
Science w/ a Laboratory Elective - BIOL 121	4		20		
Social & Behavioral Science Elective	3				
First-Year Seminar Elective	1				
Wellness - PE 201	3				
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*Students are to select from the following: ART 181 or 182; ENGL 206; HUM 101, 115, 201; MUS 104; PHIL 200; THTR 101; or a foreign language course.

**Students are to select program electives from the following: CHEM 102; MATH 103, 202; PE 130, 169, 178, 179, 180, 181, 182, 183, 184; PHYS 201, 202; PSYC 241.

RECOMMENDED SEQUENCE FOR FULL-TIME STUDENTS

Part-time students can complete this program by taking one or more courses each semester.

Fall Semester I		Spring Semester I		Fall Semester II		Spring Semester II	
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		