

EXERCISE SCIENCE, Associate in Science Degree - 3121

Science Department

CIP Code: 13.1205

The Exercise Science AS degree prepares students to transfer to a baccalaureate degree program in exercise science or similar curricula such as health, exercise physiology, kinesiology and pre-professional health studies.

Graduates of such baccalaureate programs find employment in health and fitness center program management, corporate health and wellness programs, exercise rehabilitation programs, strength and conditioning coaching and related fields. The curriculum includes general education requirements, a basic science and math foundation, and exercise science discipline-related courses such as: anatomy and physiology, exercise physiology, biomechanics, health and nutrition.

Since the requirements of four-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. Students may complete 75% of this program at the Harrisburg and Lancaster campuses through on-campus/in-person instruction. The remaining coursework must be completed through various modalities (e.g., hybrid, synchronous remote instruction and asynchronous instruction). Also, this program may be completed at the York Campus through various modalities (e.g., hybrid, synchronous remote instruction and asynchronous instruction) in addition to on-campus/in-person instruction.

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 proficiency in communicating concepts regarding lifestyle modifications to improve and enhance personal fitness, health, and wellness
- Demonstrate an understanding of the human body's anatomical and physiological systems as they relate to exercise physiology, kinesiology, and disease
- Determine an area of concentration within the subdisciplines of exercise science in preparation for transfer to a four-year institution
- Locate and critically evaluate relevant scholarly research articles
- Apply theories of motivation and behavior change to develop strategies for improving exercise adoption and adherence

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 Core Elective*	3	EXSC 202 Functional Anatomy & Physiology	3		
Mathematics Core Elective	3	HLTH 101 Healthful Living	3		
Mathematics or Science Core Elective	3	NUTR 104 Nutrition	3		
Science w/ a Laboratory Core Elective - BIOL 121	4		20		
Social & Behavioral Science Core Elective	3				
First-Year Seminar Elective	1				
Wellness Elective - PE 201	3				
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*Students are to select from the following: ART 181 or 182; ENGL 206; FMTH 101; HUM 101, 115, 201; MUS 104; PHIL 200; or a foreign language course.

**Students are to select program electives from the following: AH 105; CHEM 100, 102; EXSC 203; MATH 103, 202; PE 178, 179, 180, 181, 182, 183, 184; PHYS 201, 202; PSYC 241.

Note: Students must complete the following courses with a minimum grade of C to graduate: BIOL 122; CHEM 101; EXSC 102, 202; HLTH 101; and NUTR 104, as well as program electives listed by **.

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 Core Elective	3
ENGL 101	3	ENGL 102	3	COMM 101	3	Program Electives**	8
EXSC 102	3	EXSC 202	3	Humanities/Arts Core Elective*	3	Social/Behavioral Science Core Elective	3
FYS Elective	1	HLTH 101	3	NUTR 104	3		
Mathematics Core Elective	3	PE 201	3	Program Elective**	3		