EXERCISE SCIENCE

Students pursuing a career in the fitness industry are able to complete an Associate of Science degree with a concentration in Exercise Science. Exercise Science has been identified as a rapidly growing industry at both the state and national levels. The curriculum is designed to integrate the educational and practical skills necessary to become an exercise professional. Exercise science professionals work and study in commercial, clinical, and workplace settings increasing awareness of health, fitness, and improved quality of life for the general population. Upon completion of the Associate of Science degree, students will be prepared to take a national certifying exam. They may choose to enter the workforce as a certified personal trainer or continue their education at a transfer institution to obtain a bachelor's degree in a health-related field.

Suggested Pathway of Study for Associate of Science Degree (2 years)

FIRST YEAR

First Semester

Course	Credits
ENGL 1010 English Composition I*	3
PSYC 1810 Introduction to Psychology*	3
MATH 1150 College Algebra*	3
BIOS 1010 General Biology***	4
HPER 1510 Introduction to Health, Physical Education, and Recreation	3
HPER 1325 Introduction to Yoga	1
	17

Second Semester

Course	Credits
English/Literature*	3
Oral Communication*	3
BIOS 2250 Intro to Anatomy & Physiology I*	4
English/Literature,* Fine Arts and Language,* **OR** Behavioral and Social Science*	3-4
HPER 1520 Nutrition for Fitness and Sport	3
	16-17

SECOND YEAR

First Semester

Course	Credits
BIOS 2260 Anatomy and Physiology II*	4
HPER 2210 Introduction to Exercise Science	4
HPER 2400 Care and Prevention of Athletic Injuries	3
HPER 1550 Lifetime Wellness	3
HPER 1326 Introduction to Pilates	1
HPER 1270 Aerobic Fitness	1
	16

Second Semester

Course	Credits
MATH 2170 Applied Statistics*	3
HPER 2300 Stress Management	3
HPER 1245 Weight Management	1
HPER 2410 Advanced Exercise Science	4
HPER 2310 Community Health	3
Elective(s)**	3
	17

Total Credit Hours 66-67

To earn an associate of science degree, a student must satisfactorily complete a minimum of 60 semester hours that include the general education requirements.

*Course fulfills a general education requirement for Northeast Community College. See general education requirements.

**See advisor for assistance choosing elective(s) based on professional goals and transfer institution.

****Students with appropriate placement scores are not required to take BIOS 1010 General Biology prior to BIOS 2250 Introduction to Anatomy and Physiology I or BIOS 2460 Microbiology.*