

Associate in Science Exercise Science

Foundation Studies		
WRITTEN COMMUNICATIONS (6 credit hours-minimum)		
<input type="checkbox"/>	ENGL 1204	English Composition I
<input type="checkbox"/>	ENGL 1206	English Composition II
ORAL COMMUNICATIONS (3 credit hours-minimum)		
<input type="checkbox"/>	COMM 1230	Public Speaking
COLLEGE-LEVEL MATHEMATICS (3 credit hours-minimum)		
<input type="checkbox"/>	MATH 1828	College Algebra
TOTAL		12

Humanities 3 credits from 2 of the 3 subject areas **At least 3 credits from "breadth" courses (6 credit hours-minimum)		
FINE ARTS		
<input type="checkbox"/>	ARTS 1200	Art Appreciation
<input type="checkbox"/>	ARTS 1201	Art History Survey I
<input type="checkbox"/>	ARTS 1203	Art History Survey II
<input type="checkbox"/>	MUSI 1002	Introduction to Music
<input type="checkbox"/>	THEA 1300	Introduction to Theatre
LANGUAGE ARTS		
<input type="checkbox"/>	COMM 1200	Interpersonal Communication
<input type="checkbox"/>	LITR 1210	Introduction to Literature
<input type="checkbox"/>	LITR 1211	The Short Story
<input type="checkbox"/>	LITR 1215	World Literature
<input type="checkbox"/>	LANG	Foreign Language Elective (Elementary Spanish, French or German)
PHILOSOPHY/HISTORY/RELIGION		
<input type="checkbox"/>	PHIL 1602	Introduction to Philosophy
<input type="checkbox"/>	HIST 1400	American History to 1877
<input type="checkbox"/>	HIST 1402	American History 1877-Present
<input type="checkbox"/>	HIST 1408	Western Civilization to 1500
<input type="checkbox"/>	HIST 1410	Western Civilization 1500-Present
TOTAL		6

Social and Behavioral Sciences 3 credits from 2 of the 3 subject areas **At least 3 credits from the "breadth" courses (6 credit hours-minimum)		
SOCIAL SCIENCE		
<input type="checkbox"/>	ANTH 1819	World & Regional Geography
<input type="checkbox"/>	SOCI 1100	Introduction to Sociology
BEHAVIORAL SCIENCE		
<input type="checkbox"/>	PSYC 1000	General Psychology
ECONOMICS/POLITICAL SCIENCE		
<input type="checkbox"/>	ECON 1610	Principles of Macroeconomics
<input type="checkbox"/>	POLS 1800	Government of the U.S.
TOTAL		6

Natural Science/Mathematics At least one 5-credit lab science course (5 credit hours-minimum)		
<input type="checkbox"/>	LIFE 1402	Principles of Biology
<input type="checkbox"/>	LIFE 1408	Anatomy and Physiology ❶
<input type="checkbox"/>	CHEM 1806	College Chemistry I
<input type="checkbox"/>	PHYS 1600	Physics I
TOTAL		10

Physical Education, Health, & Performance Only one credit from Performance course allowed (2 credit hours-minimum)		
<input type="checkbox"/>	HLTH 2427	Lifetime Fitness and Wellness
<input type="checkbox"/>		
TOTAL		2

Major Requirements		
<input type="checkbox"/>	HLTH 1248	Personal and Community Health
<input type="checkbox"/>	PHED 1246	First Aid and Emergency Care
<input type="checkbox"/>	PHED 1253	Care and Prevention of Athletic Injury
<input type="checkbox"/>	BSTC 1036	Computer Concepts & Applications
TOTAL		12

Major Electives		
<input type="checkbox"/>	PHED 1242	Introduction to Health, Physical Education and Recreation
<input type="checkbox"/>	PHED 1270	Introduction to Exercise Science
<input type="checkbox"/>	HOME 1501	Basic Nutrition
<input type="checkbox"/>	MATH 1829	Elements of Statistics
<input type="checkbox"/>	MATH 1830	Trigonometry
<input type="checkbox"/>	CHEM 1808	College Chemistry II
TOTAL		16

Other Electives		
<input type="checkbox"/>		
TOTAL		

❶ A second Anatomy or Human Physiology course will often need to be taken at a 4-year college or university.