# Exercise Science & Wellness Program

This program of study is designed primarily for students who plan to transfer to a four-year institution to pursue a baccalaureate degree in Physical Education for Teaching, Athletic Training, Exercise Physiology, Kinesiology, Health and Wellness, Physical Therapy or Nutritional Science. This program combines a broad foundation in the liberal arts and sciences with technical courses in the emerging and expanding field of Exercise Science. Graduates of the program will be encouraged to sit for the certification examination for fitness instructor or personal trainer given by an accredited certifying body thus providing a beginning credential for those who choose to seek employment as fitness instructors or personal trainers at local health clubs and fitness centers.

The Associate in Science (A.S.) degree is awarded upon completion of the requirements for this program.

Upon successful completion of this program, students will be able to:

- Identify personal goals, and construct a workable individual plan for transfer and success to a four-year institution to pursue a major such as: Physical Education Teaching, Athletic Training, Exercise Physiology, Kinesiology, Health and Wellness, Physical Therapy, and Nutritional Science.
- Communicate introductory professional knowledge of the basic concepts, terminology and trends, as well as current issues within the exercise science field.
- Accurately interpret health status and risk stratification data and perform industry standard fitness assessments and exercise tests for individuals of all ages, fitness levels and special populations.
- Effectively demonstrate a variety of exercises and teach safe and correct use of exercise equipment and other health-related apparatus to individuals of all ages and fitness levels.
- Effectively design, implement, supervise and evaluate exercise prescriptions and exercise programs in accordance with individual's needs, goals and assessment date results.
- Effectively educate, motivate and/or communicate with individuals to influence healthy lifestyle behavior modifications, which include the dimensions of wellness, occupational wellness and stress management.
- Perform safe, ethical and legal practices in a variety of health and fitness-related settings within the scope of practice.

Courses should be selected in consultation with an advisor.

The following microcredentials stack into the ESW Program: Personal Trainer Certification, Sports Nutrition Specialist Certification, and Strength Coach Certification.

First Semester

| Course No. | Descriptive Title | Credit Hours |
|---|---|---|
| ENG 101 | Composition I | 3 |
| BHS 103 | Social Problems in Today's World | 3 |
| BIO 105 | General Biology I | 4 |
| HED 134 | First Aid, Safety and CPR | 3 |
| WFE 101 | Lifetime Wellness and Fitness | 3 |
| ESW 100 | Exercise Science and Wellness Seminar | 1 |
| TOTAL | | 17 |

Second Semester

| Course No. | Descriptive Title | Credit Hours |
|---|---|---|
| ENG 102 | Composition II | 3 |
| BIO 106 | General Biology II | 4 |
| Free elective | | 3 |
| ESW 101 | Intro to Exercise Science | 2 |
| PSY 111 | Introduction to Psychology | 3 |
| TOTAL | | 15 |

Third Semester

| Course No. | Descriptive Title | Credit Hours |
|---|---|---|
| BIO 231 | Human Anatomy and Physiology I | 4 |
| Mathematics (a) | | 3 |
| BIO 122 | Nutrition | 3 |
| General Education Elective (c) | 3 | |
| ESW 201 | Exercise Testing | 3 |
| TOTAL | | 16 |

Fourth Semester

| Course No. | Descriptive Title | Credit Hours |
|---|---|---|
| BIO 232 | Human Anatomy and Physiology II | 4 |
| | American History (Appendix D) | 3 |
| SPE 101 | Public Speaking | 3 |
| ESW 202 | Exercise Prescription | 3 |
| ESW Program Elective (b) | | 3 |
| TOTAL | | 16 |
| | TOTAL CREDIT HOURS | 64 |

a. MAT 110 or higher, MAT 118 recommended. Students must meet Math course prerequisites.

b. In the fourth semester, the Exercise Science and Wellness Program Elective should be chosen carefully with the Program Chair. The selection will be based on the student's career path and transfer school. Course choices will include Exercise Science (ESW 203, ESW 204, ESW 205, ESW

206, ESW 207), Health Education, or Physical Education electives.

c. General Education Elective: Courses applicable to this program are listed in Appendices E, F, H and I.