

# EXERCISE SCIENCE (AS)

**Award:** Associate of Science

**No. of credits required:** 60

**For more information:** Contact Assistant Professor Cindy Kelley at 443-412-2225 or [ckelley@harford.edu](mailto:ckelley@harford.edu), or Admissions at 443-412-2109.

## Program Description

The Exercise Science Associate Degree program prepares students with the knowledge and experience required to complete any National Commission for Certifying Agencies (NCCA) certification. Graduates may enter the work force directly, choosing from a wide variety of careers that include personal training, group exercise leaders, health club professionals, community health leaders and more. This degree program prepares students for transfer to a four-year institution in an exercise science or kinesiology program for careers in exercise science, physical therapy, strength and conditioning, or athletic training.

## Program Goals

Upon completion of the Exercise Science, A.S. degree program the student will:

1. Explain the fundamental concepts of exercise science.
2. Demonstrate entry level knowledge and skills necessary for safe and appropriate health screenings and assessment.
3. Design and implement effective exercise prescriptions for various populations.
4. Demonstrate standards of professional practices.
5. Demonstrate the knowledge and skills needed to take a national industry leading certification exam (ACSM, ACE, NSCA, NASM).

## Transfer Information

The Exercise Science program offers many opportunities for transfer. Students should be aware that each transfer institution has unique curricular requirements. Students interested in transferring to a four-year institution should seek advisement and consult the catalog of the college or university to which they plan to transfer to determine appropriate electives and discipline specific courses which transfer toward a major. Students must still meet department requirements at the transfer institution.

## Diversity Requirement

To satisfy the diversity requirement: Associate degree students must complete one 3-credit diversity course (D). It is recommended that students select one of the 3-credit (GB), (GH), (GI) course electives from those that also appear on the approved list of diversity course graduation requirements.

## Degree Requirements

### Recommended Course Sequence

Course	Title	Credits
<b>First Semester</b>		
EXSC 101	Introduction to Exercise Science	3
ENG 101	English Composition (GE)	3
CMST 210	Group Communication and Leadership (GH)	3
Arts/Humanities Elective (GH) ( <a href="https://catalog.harford.edu/general-education/#arts-humanities">https://catalog.harford.edu/general-education/#arts-humanities</a> )		3

Behavioral/Social Science Elective (GB) ( <a href="https://catalog.harford.edu/general-education/#behavioral-social-science">https://catalog.harford.edu/general-education/#behavioral-social-science</a> )	3
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Credits	15
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### Second Semester

BIO 120 or BIO 119	General Biology I (GL) or Biology for Health Professionals (GL)	4
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CHEM 111	General Chemistry I (GL)	4
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HLTH 101	Contemporary Health Issues (GI)	3
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EXSC 201	Fitness Assessment & Program Design	3
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Credits	14
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### Third Semester

BIO 203	Anatomy and Physiology I (GL)	4
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EXSC 202	Fitness Instruction	3
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MATH 216	Introduction to Statistics (GM)	4
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PE 229	Advanced Weight Training	1
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General Elective <sup>1</sup>		3
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Credits	15
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### Fourth Semester

EXSC 283	Exercise Science Internship	3
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HLTH 102	EMC, First Aid, and Safety	3
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BIO 204	Anatomy and Physiology II (GL)	4
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PSY 101	General Psychology (GB)	3
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General Elective <sup>2</sup>		3
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Credits	16
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Total Credits	60
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<sup>1</sup> Students wanting to be physical education teachers are recommended to take EDUC 101 Introduction to Education.

<sup>2</sup> Students will be advised to select a course that satisfies their transfer institution's program requirement.

## General Education Degree Requirements

Note: The following codes identify courses which satisfy the General Education Degree Requirements:

Behavioral/Social Science (GB)  
 English Composition (GE)  
 Arts/Humanities (GH)  
 Interdisciplinary and Emerging Issues (GI)  
 Biological/Physical Laboratory Science (GL)  
 Mathematics (GM)  
 Biological/Physical Science (GS)