

ASSOCIATE OF SCIENCE **EXERCISE SCIENCE**

This curriculum is designed to provide students with the opportunity to acquire the skills, knowledge, and competencies for the field of exercise science. Students will have a wide variety of entry level career opportunities in areas such as athletic trainer assistant, rehabilitation specialist assistant, sport/fitness program director, personal fitness trainer, aerobics instructor, coach, health club specialist, and other fields of interest.

YEAR ONE

FALL SEMESTER			SPRING SEMESTER		
		<u>Credits</u>			<u>Credits</u>
CS***	Principles of Microsoft Office	4	EN112	Content Area Comp.& Research	4
EN111	College Composition	4	ES101	Fitness and Wellness	2
ES105	Sociology of Sports	4	ES109	Cond. & Strength in Training	4
NA113	Native American Awareness	1	ES113	Sports Nutrition	3
*****	Approved Science Elective	<u>4</u>	MA***	Math Elective	<u>4</u>
				MA113, MA114, MA116, or MA206	
TOTAL		17	TOTAL		17

YEAR TWO

FALL SEMESTER			SPRING SEMESTER		
		<u>Credits</u>			<u>Credits</u>
EN107	Public Speaking	3	ES205	Sports Management	4
ES111	Physical Rehabilitation & Modalities	3	ES208	Exercise Physiology	4
ES204	Care & Prevention of Sports Injuries	4	ES221	Exercise Science Capstone	3
NA***	Native Studies Elective	4	*****	Approved Science Elective	<u>4</u>
	NA123 or NA125				
*****	Humanities Elective	<u>3-4</u>			
TOTAL		17-18	TOTAL		15

Required credits for this curriculum = 66-67

Approved Science Electives

BI101 Introduction to Biology, 4 CR
 BI107 Human Biology, 4 CR
 BI221 Anatomy & Physiology I, 4 CR
 BI222 Anatomy & Physiology II, 4 CR
 CH104 Introduction to Chemistry, 4 CR

Students seeking the Michigan Transfer Agreement Seal for transferability should select MA 113, MA 116, or MA206 for the mathematics elective and choose two different disciplines for the science electives.