

EXERCISE SCIENCE AREA OF CONCENTRATION WITHIN HEALTH SCIENCES A.S. (TRANSFER)

Program Description

Prepares students to further their career goals in the Health, Fitness, Exercise Science, or Kinesiology fields. This program of study prepares students to transfer to a four-year institution. It requires completion of general education courses and selected Exercise Science courses.

A grade of "C" or better must be earned in ENGL 101, CHEM or PHYS, BSCI 201, BSCI 202, and all Concentration Courses in the Exercise Science program.

Program Learning Outcomes

- Define the role of Exercise Science in the broader context of education both in the private and public sectors.
- Apply the knowledge and skills necessary to prevent lifestyle related diseases that are prevalent in our society today.
- Identify factors that affect fitness, exercise adherence, and lifestyle modification.
- Apply the principles of fitness assessment and testing to program design and implementation.
- Describe anatomy and physiology of the human body and adaptations to physical activity.

Program Requirements

- Students must complete their credit **English and Mathematics** within the first 24 credits.
- One course must meet the cultural competence graduation requirement (<https://frederick-public.courseleaf.com/general-education-core/#cultural>).
- **CORE: The General Education CORE** is that foundation of the higher education curriculum providing a coherent intellectual experience for all students. Students should check with an advisor or the transfer institution (ARTSYS) before selecting General Education CORE requirements. <http://artsys.usmd.edu/>
- In some General Education categories (Mathematics, Biological & Physical Sciences), a 4-credit course selected from the GenEd course list will satisfy the requirement in place of a 3-credit course. Students should check with an advisor before selecting these courses.
- For the Physical Education, Health, or Nutrition requirement, a 3-credit PHED, HLTH, or NUTR course may satisfy the requirement in place of a 1-credit course. Students should check with an advisor before selecting this course.
- Students must earn a grade of "C" or better in ENGL 101 English Composition.
- Students must earn a grade of "C" or better in ENGL 101, CHEM or PHYS, BSCI 201, BSCI 202, and all Concentration Courses in the Exercise Science program.

Code	Title	Credits
English		
ENGL 101	English Composition	3
Mathematics		
Mathematics Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#mathematics) (MATH 120 or higher) ^{1,2,3}		3
Social & Behavioral Sciences		
Social & Behavioral Sciences Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#social-behavioral) - Recommended course(s) below:		6
PSYC 101	General Psychology	
EDPS 210	Human Growth and Development	
Arts & Humanities		
Arts Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#arts)		3
Humanities Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#humanities)		3
Communication Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#communication)		3
Biological & Physical Sciences		
BSCI 150	Principles of Biology I	4
BSCI 201	Anatomy and Physiology I	4
General Education Elective		
HLTH 165	Fitness for Living	
Physical Education, Health, or Nutrition Requirement		
HLTH 165	Fitness for Living	
Concentration Courses		
BSCI 202	Anatomy and Physiology II	4
Select one of the following:		3
CHEM 100	Chemistry and Society ^{2,3}	
or CHEM 101	General Chemistry I	
or PHYS 101	Survey of Physics (Spring)	
or PHYS 121	Fundamentals of Physics I (Fall)	
EXSC 170	Introduction to Health and Exercise Science	3
EXSC 180	Care and Prevention of Athletic Injuries	3
EXSC 227	Principles of Resistance Training Technique and Program Design	3
EXSC 230	Fitness Instruction	3
EXSC 240	Fitness Assessment and Programming	3
Electives - Select 2 courses below: ²		6
EXSC 250	Essentials of Personal Training	
EXSC 260	Psychology of Sport	
NUTR 200	Principles and Application of Nutrition	
PBHL 170	Foundations of Public Health	
PBHL 240	Introduction to Health Behaviors	
Total Credits		60

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Select course based on prerequisites needed for CHEM or PHYS course you plan to take at FCC.

2

Select course based on transfer goals. Determine how these courses transfer to Bachelor Degree requirements.

3

Select course based on graduate school goals. Determine how these courses apply to prerequisites for graduate school admissions.

Transfer Note

For more information on careers and transfer, contact the Career and Academic Planning Services office at 301.846.2471 or visit Transfer Services (<https://www.frederick.edu/student-resources/counseling-advising/transfer-services.aspx>).

Guided Pathway to Success (GPS)

Suggested schedules map your path to degree completion.

Students should meet with an advisor each semester to carefully select and sequence courses based on their specific academic goals and interests. Visit Jefferson Hall or call 301.846.2471 for advising.

Recommended First Semester		Credits
ENGL 101	English Composition	3
Mathematics Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#mathematics) (MATH 120 or higher)		3-4
Social & Behavioral Sciences Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#social-behavioral) - Recommended Course(s) below:		3
PSYC 101	General Psychology	
BSCI 150	Principles of Biology I	4
EXSC 170	Introduction to Health and Exercise Science (Milestone)	3
Credits		16-17
Recommended Second Semester		
BSCI 201	Anatomy and Physiology I	4
HLTH 165	Fitness for Living	3
Arts Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#arts)		3
CHEM 100	Chemistry and Society	3-4
or CHEM 101	or General Chemistry I	
or PHYS 101	or Survey of Physics (Spring)	
or PHYS 121	or Fundamentals of Physics I (Fall)	
EXSC 227	Principles of Resistance Training Technique and Program Design (Milestone)	3
Credits		16-17
Recommended Third Semester		
BSCI 202	Anatomy and Physiology II	4
Humanities Elective (Gen Ed Course List) (https://frederick-public.courseleaf.com/general-education-core/#humanities)		3
Social & Behavioral Sciences Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#social-behavioral) - Recommended Course(s) below:		3
EDPS 210	Human Growth and Development	
EXSC 230	Fitness Instruction	3
EXSC 240	Fitness Assessment and Programming (Milestone)	3
Credits		16
Recommended Fourth Semester		
EXSC 180	Care and Prevention of Athletic Injuries	3
Electives - Select 2 of the courses below:		6
EXSC 250	Essentials of Personal Training	
EXSC 260	Psychology of Sport	
NUTR 200	Principles and Application of Nutrition	
PBHL 170	Foundations of Public Health	
PBHL 240	Introduction to Health Behaviors	
Communication Elective (Gen Ed Course List) (https://frederick-public.courseleaf.com/general-education-core/#communication)		3
Credits		12
Total Credits		60-62

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Take course within the first 24 credits.

Part-time Students

Part-time students should complete courses in the order listed on the pathway. Please contact program manager for questions about part-time status.

Students who take fewer than 15 credits each semester or who require developmental English or Math coursework will need additional semesters to complete their degrees. Summer term and January session classes may help students to make faster progress.

Pathway Legend

Milestone - courses with the Milestone notation should be taken within the recommend credit range to stay on track for program completion.

Fall, Spring, Summer - courses with a Fall, Spring, or Summer notation indicate the course is offered in the specified semester only.