



2023-2024 Academic Year

Exercise Science

Associate in Science Degree (A.S.)

Health Professions Division

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The **Exercise Science** program provides the opportunity for students to acquire the skills, knowledge, and experience necessary to enter the continually evolving field of exercise science and to transfer into related baccalaureate programs.

Exercise Science offers a variety of career opportunities, such as those involving coaching, education, exercise physiology, exercise research, health promotion and program management, personal training, rehabilitative exercise, and sport-specific athletic performance.

The program prepares students to take the National Strength and Conditioning Association's Certified Personal Trainer (NSCA-CPT) exam. It also incorporates certification for First Aid Cardio-Pulmonary Resuscitation (CPR) for the Professional, and Automated External Defibrillator (AED).

Admission to the program requires a high school diploma or its equivalent.

PROGRAM OUTCOMES

- Succeed academically upon transfer to a baccalaureate program related to exercise science;
- Secure employment in the field of exercise science;
- Demonstrate the knowledge, skills, and ethical integrity necessary to succeed and grow as a health, wellness, fitness, and/or athletic performance professional;
- Apply scientific and physiological principles to the promotion and enhancement of health, wellness, fitness, and athletic performance;
- Assess and evaluate an individual's health and performance;
- Prescribe workouts for generally healthy individuals as well as for athletic populations and those with special considerations;
- Conduct safe and effective training sessions with generally healthy individuals.

DEGREE CURRICULUM

2023-2024 Academic Year

EXER.SCI.AS
CIP 310505

The course sequence below represents a recommended example of how this degree program can be completed in two years, presuming a Fall Term start and satisfaction of all Developmental Studies (foundation courses) requirements and prerequisites. Actual approaches toward completion depend on each student's anticipated transfer institution, career objectives, or other individual circumstances.

Students are encouraged to meet regularly with an academic advisor or Success Coach to consider options, establish plans, and monitor progress.

Code	Course (lecture/lab hours)	Credits	To Do This Semester
FIRST SEMESTER			
BIO 103	Anatomy and Physiology I (3/3)	4	✓ Meet with your faculty advisor to complete an academic plan. Make sure you are aware of any course prerequisites you may need to take, and how long it will take to complete your degree.
CSH 100	College Success for Health Professions (1/1) <ul style="list-style-type: none">• Some exemptions apply. Consult academic advisor for details.	2	✓ Use your online tools: Check your MercerMail daily, utilize features of Office 365, and get to know Student Planning .
ENG 101	English Composition I (3/0)	3	✓ Take advantage of Learning Centers or Online Tutoring to support your studies and assignments.
HPE 151	Introduction to Exercise Science (1/0)	1	
MAT 125	Elementary Statistics I (3/0)	3	
PSY 101	Introduction to Psychology (3/0)	3	

SECOND SEMESTER

BIO 104	Anatomy and Physiology II (3/3)	4	<p>✓ Transitioning to college can be challenging. Meet with your Success Coach for guidance and support.</p> <p>✓ Apply for financial aid by May 1.</p> <p>✓ Contact professors with questions and use their office hours to develop a connection.</p> <p>✓ Apply for Continuing Student scholarships at www.mccc.edu/m-scholarships.</p> <p>✓ Begin attending college transfer events and visit campuses. Be sure to visit the Transfer Services and Career Services offices to get to know how the transfer process works and to explore career options.</p> <p>✓ Plan for how you will complete transfer applications while finishing your classes.</p>
ENG 102	English Composition II (3/0)	3	
HPE 111	Living with Health (3/0)		
	<i>OR</i>		
HPE 105	First Aid, CPR, and AED (2/2)	3	
	<i>OR</i>		
HPE 113	Medical Terminology (3/0)		
HPE 134	Prevention, Assessment and Care of Athletic Injuries (3/0)	3	
HPE 171	Personal Fitness (1/0)	1	

THIRD SEMESTER

CMN 111	Speech: Human Communication (3/0)		<p>✓ Keep in contact with each professor and your faculty advisor. Make sure you are on track to graduate.</p>
	<i>OR</i>	3	
CMN 112	Public Speaking (3/0)		
HPE 164	Principles of Coaching (3/0)	3	

<u>HPE 242</u>	Exercise Measurement and Prescription (2/3)	3	<p>✓ Complete your applications to desired transfer institutions.</p> <p>✓ Develop team and leadership skills by getting involved in activities and clubs.</p> <p>✓ Manage your stress! Take advantage of the MCCC pool, Fitness Center, free yoga and Zumba. Reach out for counseling or other support if you need it. Your Success Coach can connect you with resources.</p>
<u>PTA 105</u>	Kinesiology (3/0)	3	
— —	<u>General Education elective</u>	3	
	<ul style="list-style-type: none"> Select from ART 101; DAN 101; ECO 103; HIS 101, 102, 105, 106, 109, 112, 113; MUS 103; PHI 102, 113, 123, 204, 205; PHO 110; POL 101, 102, 201; PSY 206, 207; SOC 101, 107, 201; THR 101; any World Language course. 		

FOURTH SEMESTER

<u>HPE 101</u>	Basic Concepts of Nutrition (3/0)	3	✓ Apply for financial aid by May 1.
<u>HPE 241</u>	Applied Exercise Physiology (2/2)	3	✓ Talk to your faculty advisor and the Transfer office for advice on how to successfully transition to a new school.
<u>HPE 243</u>	Exercise Science Field Experience (225 hours)	3	✓ Apply for Graduating Student scholarships at www.mccc.edu/m-scholarships .
— —	<u>Humanities general education elective</u>	3	
	<ul style="list-style-type: none"> Select from ART 101; DAN 101; MUS 103; PHI 102, 113, 123, 204, 205; PHO 110; THR 101; any World Language course. 		
— —	<u>General Education elective</u>	3	
	<ul style="list-style-type: none"> Select from ART 101; DAN 101; ECO 103; HIS 101, 102, 105, 106, 109, 112, 113; MUS 103; PHI 102, 113, 123, 204, 205; PHO 110; POL 101, 102, 201; PSY 206, 207; SOC 101, 107, 201; THR 101; any World Language course. 		

NOTE: Students must earn a minimum grade of C in all required BIO, PTA, and HPE courses to graduate.