



DEPARTMENT OF SOCIAL SCIENCES AND HUMAN PERFORMANCE

Associate of Science – Exercise Science

Track 1: Physical Education

Track 2: Health and Fitness Studies

Core Classes:

1. English	6	Comp I and Comp II
2. Oral Communication	3	Human Communications or Public Speaking
3. Math	3	Recommend College Algebra
4. Science	8	Recommend Anatomy I, Anatomy II, (+4 more – see below)
5. Humanities	3	Recommend Intro to Humanities
6. Social Science	3	Recommend Psychology
7. Achieving College Success	<u>3</u>	

29 HOURS TOTAL CORE CLASSES

TRACK 1: Physical Education

Required for Major:

Additional Science:

BIOS-1010 General Biology	4
BIOS-1000 Basic Nutrition	3
PHED-1710 Introduction to PE	3
PHED-XXXX Electives (see below)	3
EDUC-1110 Intro to Professional Ed.	3
EDUC-2000 Educational Psychology	3
PHED-XXXX Activity	1
PHED-1551 Weight Training	1
EDUC-2300 Exceptional Learner	3
EDUC-2590 Instructional Technology	3
PSYC-2150 OR PSYC-2100	3
PHED-1700 First Aid	<u>2</u>

TOTAL HOURS: 32

Recommended Electives:

PHED-1730 Introduction to Coaching	3
OR PHED-2010 Prevention and Care	3

TRACK 2: Health and Fitness Studies

Required for Major:

Additional Science:

PHYS-1225 Science of Sport	4
BIOS-1000 Basic Nutrition	3
PHED-1710 Introduction to PE	3
PHED-1800 Designing Personal Fitness	3
PHED-2010 Prevention and Care	3
PHED-1790 Personal Health	3
PHED-1700 First Aid	2
PHED-1551 Weight Training	1
PHED-1600 Group Exercise	3
PHED-1200 Sports Psychology	3
PSYC-2150 Lifespan	<u>3</u>

TOTAL HOURS: 31

GUIDED PATHWAY – TRACK 1: Physical Education

1st Semester

ENGL-1010	English Composition I	3
ATHC-1710	Intro to Physical Education	3
PRDV-1010	Achieving College Success	3
EDUC-2000	Introduction to Professional Education	3
PSYC-1810	Introduction to Psychology	<u>3</u>
TOTAL CREDITS		15

2nd Semester

ENGL-1020	English Composition II	3
BIOS-1010	General Biology	4
BIOS-1010L	General Biology Lab	0
MATH-1150	College Algebra	3
EDUC-2000	Educational Psychology	3
PHED-1551	Weight Training	1
PHED-1700	First Aid	<u>2</u>
TOTAL CREDITS		16

3rd Semester

BIOS-1000	Basic Nutrition	3
BIOS-2250	Human Anatomy and Physiology I	4
BIOS-2250L	Human Anatomy and Physiology Lab	0
PHED-XXXX	Electives	3
SPCH-1110	Public Speaking	3
EDUC-2300	Exceptional Learner	<u>3</u>
	TOTAL CREDITS	16

4th Semester

BIOS-2260	Human Anatomy and Physiology II	4
BIOS-2260L	Human Anatomy and Physiology Lab	0
PHED-XXXX	Activities	1
HUMS-1100	Introduction to the Humanities	3
EDUC-2590	Instructional Psychology	3
PSYC-XXXX	Lifespan <u>OR</u> Child Growth and Dev.	<u>3</u>
TOTAL CREDITS		14

TOTAL A.S. CREDITS	61
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GUIDED PATHWAY – TRACK 2: Health and Fitness Studies

1st Semester

ENGL-1010	English Composition I	3
PHED-1710	Intro to Physical Education	3
PRDV-1010	Achieving College Success	3
PHED-1790	Personal Health	3
BIOS-1000	Basic Nutrition	<u>3</u>
	TOTAL CREDITS	15

2nd Semester

ENGL-1020	English Composition II	3
HUMS-1100	Introduction to the Humanities	3
PHED-1600	Group Exercise	3
MATH-1150	College Algebra	3
PHED-2010	Prevention and Care of Athletic Injuries	3
PHED-1551	Weight Training	<u>1</u>
	TOTAL CREDITS	16

3rd Semester

PSYC-1810	Introduction to Psychology	3
BIOS-2250	Human Anatomy and Physiology I	4
BIOS-2250L	Human Anatomy and Physiology Lab	0
PHED-1800	Designing a Personal Fitness Program	3
PHED-1700	First Aid	2
SPCH-1110	Public Speaking	<u>3</u>
	TOTAL CREDITS	15

4th Semester

BIOS-2260	Human Anatomy and Physiology II	4
BIOS-2260L	Human Anatomy and Physiology Lab	0
PHYS-1225	Science of Sports	4
PHYS-1225L	Science of Sports Lab	0
PHED-1200	Psychology of Sports	3
PSYC-2150	Lifespan Human Growth & Dev	<u>3</u>
	TOTAL CREDITS	14

TOTAL A.S. CREDITS 60

