

# PATHWAYS

## Exercise Science and Kinesiology (A.S. Degree)

FALL 2016-SPRING 2017

### REMEDIAL SEQUENCE (if required)

<input type="checkbox"/> ESL 1 (8) ▶▶	<input type="checkbox"/> ESL 2 (6) ▶▶	<input type="checkbox"/> ESL 3 (6) ▶▶	<input type="checkbox"/> ENG 9 (4)
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<input type="checkbox"/> ENG 1 (4) ▶▶	<input type="checkbox"/> ENG 2 (4)
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<input type="checkbox"/> RDL 1 (4) ▶▶	<input type="checkbox"/> RDL 2 (6)
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<input type="checkbox"/> MTH 1 (4) ▶▶	<input type="checkbox"/> MTH 5 (6)
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<input type="checkbox"/> CHM 2 (4)
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### GRADUATION REQUIREMENTS

<input type="checkbox"/> CAT-R	<input type="checkbox"/> CAT-W	<input type="checkbox"/> CAT-M	<input type="checkbox"/> GPA ≥ 2.0
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<input type="checkbox"/> Writing Intensive 1	<input type="checkbox"/> Writing Intensive 2
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### FRESHMEN SEMINAR

<input type="checkbox"/> FYS 11 / OCD 1
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<sup>1</sup> Students in this curriculum are strongly advised to take MTH 23 to fulfill required Core Area B.

<sup>2</sup> Note: The program has been given a waiver to require its students to take a STEM variant course in Required Core Area C and Flexible Core Area E.

<sup>3</sup> Restricted Elective: must select one course from Flexible Core A-E. No more than two courses in any discipline or interdisciplinary field.

<sup>4</sup> If this course is completed as part of the Flexible Core, an equivalent number of free electives must be completed.

#### Notes:

- Students are encouraged to begin Transfer Planning early in their Academic careers. Please visit the Transfer Planning web site for the timeline as well as the information on articulation and transfer: <http://www.bcc.cuny.edu/TransferCounseling/>
- The program articulates with Lehman College's B.S. in Exercise Science.

### REQUIRED COMMON CORE (Course listing at: <http://www.bcc.cuny.edu/pathways/?p=Required-Common-Core>)

<input type="checkbox"/> A	English Composition ENG 10 OR ENG 11; AND ENG 12 OR ENG 14 OR ENG 15 OR ENG 16	6
<input type="checkbox"/> B	Mathematical and Quantitative Reasoning <sup>1</sup> MTH 21 Survey of Math I OR MTH 23 Probability & Statistics OR other course from Required Area B	3
<input type="checkbox"/> C	Life and Physical Sciences <sup>2</sup> BIO 23 The Human Anatomy and Physiology I	4
<b>Subtotal:</b>		<b>13</b>

### FLEXIBLE COMMON CORE (Course listing at: <http://www.bcc.cuny.edu/pathways/?p=Flexible-Common-Core>)

Students can complete no more than two courses from any one discipline or interdisciplinary field.		
<input type="checkbox"/> A	World Cultures and Global Issues	3
<input type="checkbox"/> B	US Experience in its Diversity	3
<input type="checkbox"/> C	Creative Expression	3
<input type="checkbox"/> D	Individual and Society	3
<input type="checkbox"/> E	Scientific World <sup>2</sup> BIO 24 Human Anatomy and Physiology II	4
<input type="checkbox"/> A-E	Select an additional course from Flexible Core A-E <sup>3</sup>	3
<b>Subtotal:</b>		<b>19</b>

### MAJOR REQUIREMENTS

<input type="checkbox"/> CPR 10 OR WFA 10	Cardiopulmonary Resuscitation OR WFA Workplace First Aid Training	1
<input type="checkbox"/> HLT 91	Critical Issues in Health	2
<input type="checkbox"/> HLT 94	Human Nutrition	3
<input type="checkbox"/> EXS 100	Introduction to Exercise Science and Kinesiology	3
<input type="checkbox"/> EXS 102	Behavioral Aspects of Physical Activity	3
<input type="checkbox"/> PEA 101	Introduction to Personal Training	3
<input type="checkbox"/> PEA 12 OR PEA 16	Elementary Hatha Yoga OR Strength and Flexibility Training through Pilates	1
<input type="checkbox"/> PEA 15	Walking, Jogging and Weight Training	1
<input type="checkbox"/> PEA 51	Stress Management	2
<input type="checkbox"/> COMM 20	Public Speaking and Critical Listening <sup>4</sup>	0-3
<input type="checkbox"/> PSY 11	Introduction to Psychology <sup>4</sup>	0-3
<input type="checkbox"/> PSY 35	Dynamics of Human Motivation	3
<input type="checkbox"/> ELEC	Free Electives	0-9
<b>Subtotal:</b>		<b>28</b>
<b>TOTAL:</b>		<b>60</b>