### PATHWAYS
**Exercise Science and Kinesiology (A.S. Degree)**
**FALL 2016-SPRING 2017**

#### REMEDIAL SEQUENCE (if required)
- [ ] ESL 1 (8)
- [ ] ESL 2 (6)  
- [ ] ESL 3 (6)
- [ ] ENG 9 (4)
- [ ] ENG 1 (4)  
- [ ] ENG 2 (4)
- [ ] RDL 1 (4)
- [ ] RDL 2 (6)
- [ ] MTH 1 (4)  
- [ ] MTH 5 (6)
- [ ] CHM 2 (4)

#### GRADUATION REQUIREMENTS
- [ ] CAT-R
- [ ] CAT-W
- [ ] CAT-M
- [ ] GPA ≥ 2.0
- [ ] Writing Intensive 1
- [ ] Writing Intensive 2

#### FRESHMEN SEMINAR
- [ ] FYS 11 / OCD 1

---

**REQUIRED COMMON CORE**
(Visit http://www.bcc.cuny.edu/pathways/?p=Required-Common-Core for courses)

<table>
<thead>
<tr>
<th></th>
<th>Required Course</th>
<th>Units</th>
</tr>
</thead>
</table>
| A  | English Composition  
ENG 10 OR ENG 11; AND ENG 12 OR ENG 14 OR ENG 15 OR ENG 16 | 6 |
| B  | Mathematical and Quantitative Reasoning  
MTH 21 Survey of Math I OR MTH 23 Probability & Statistics OR other course from Required Area B | 3 |
| C  | Life and Physical Sciences  
BIO 23 The Human Anatomy and Physiology I | 4 |

**FLEXIBLE COMMON CORE**
(Visit http://www.bcc.cuny.edu/pathways/?p=Flexible-Common-Core for courses)

<table>
<thead>
<tr>
<th></th>
<th>Flexible Course</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>World Cultures and Global Issues</td>
<td>3</td>
</tr>
<tr>
<td>B</td>
<td>US Experience in Its Diversity</td>
<td>3</td>
</tr>
<tr>
<td>C</td>
<td>Creative Expression</td>
<td>3</td>
</tr>
<tr>
<td>D</td>
<td>Individual and Society</td>
<td>3</td>
</tr>
</tbody>
</table>
| E  | Scientific World  
BIO 24 Human Anatomy and Physiology II | 4 |

**MAJOR REQUIREMENTS**

<table>
<thead>
<tr>
<th></th>
<th>Required Course</th>
<th>Units</th>
</tr>
</thead>
</table>
| A  | CPR 10 OR WFA 10  
Cardiopulmonary Resuscitation OR WFA Workplace First Aid Training | 1 |
| B  | HLT 91  
Critical Issues in Health | 2 |
| C  | HLT 94  
Human Nutrition | 3 |
| D  | EXS 100  
Introduction to Exercise Science and Kinesiology | 3 |
| E  | EXS 102  
Behavioral Aspects of Physical Activity | 3 |
| F  | PEA 101  
Introduction to Personal Training | 3 |
| G  | PEA 12 OR PEA 16  
Elementary Hatha Yoga OR Strength and Flexibility Training through Pilates | 1 |
| H  | PEA 15  
Walking, Jogging and Weight Training | 1 |
| I  | PEA 51  
Stress Management | 2 |
| J  | COMM 20  
Public Speaking and Critical Listening | 0-3 |
| K  | PSY 11  
Introduction to Psychology | 0-3 |
| L  | PSY 35  
Dynamics of Human Motivation | 3 |
| M  | ELEC  Free Electives | 0-9 |

**Notes:**
- Students are strongly advised to take MTH 23 to fulfill required Core Area B.
- **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.
- Restricted Elective: must select one course from Flexible Core A-E. No more than two courses in any discipline or interdisciplinary field.
- If this course is completed as part of the Flexible Core, an equivalent number of free electives must be completed.

---

1. Students in this curriculum are strongly advised to take MTH 23 to fulfill required Core Area B.
2. **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.
3. Restricted Elective: must select one course from Flexible Core A-E. No more than two courses in any discipline or interdisciplinary field.
4. 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/](http://www.bcc.cuny.edu/TransferCounseling/)
- The program articulates with Lehman College’s B.S. in Exercise Science.