

EXERCISE SCIENCE AND KINESIOLOGY

Associate in Science Degree | Transfer Degree | Department of Health, Physical Education and Recreation

Program Description

The mission of the Exercise Science and Kinesiology program is to prepare students for personal trainer certification and entrance into four year college programs in exercise science, kinesiology and related fields. The program will provide students with foundational coursework related to the role of exercise in the prevention and treatment of disease, as well as an introduction to the behavioral change process.

Exercise science and kinesiology is based on the science of human movement and the relationship of physical activity with health maintenance, disease prevention and therapy. This growing field offers opportunities for challenging and exciting placements in medical settings, community settings, governmental agencies, workplace, schools and in the health and fitness industry. Exercise science specialists are skilled in evaluating health behaviors and risk factors, conducting fitness assessments, writing appropriate exercise prescriptions and motivating individuals to modify negative health habits. Future trends indicate that the exercise professional needs to be a member of an interdisciplinary team who understands not only individual health behaviors but also the social determinants of health that impact health status.

The Associate Degree in Exercise Science and Kinesiology is designed to transfer to Bachelor Degree programs in exercise science within the City University of New York (CUNY) system as well as to other four year colleges.

Learning Outcomes

Upon successful completion of the Exercise Science and Kinesiology degree program requirements, students will be able to:

1. Identify core concepts from the fields of health, biology and the behavioral sciences and explain their impact on fitness and human health.
2. Design safe and effective exercise programs for diverse populations.
3. Perform fitness testing and interpret results correctly based on current scientific evidence.
4. Locate, interpret, and evaluate health and fitness information for its reliability and accuracy.
5. Demonstrate professional competence in leading individual and group exercise sessions in a variety of dynamic environments.

EXERCISE SCIENCE AND KINESIOLOGY (PATHWAYS)

60 Credits required for AS Degree

Curriculum Coordinator: Dr. Ulana Lysniak

Required Core

- A. English Composition (6 Credits)
- B. Mathematical and Quantitative Reasoning¹ (3 Credits)
- C. Life and Physical Sciences²
 - BIO 23 Human Anatomy and Physiology I (4 Credits)

SUBTOTAL 13

Flexible Core

- A. World Cultures and Global Issues (3 Credits)
 - B. U.S. Experience in its Diversity (3 Credits)
 - C. Creative Expression (3 Credits)
 - D. Individual and Society (3 Credits)
 - E. Scientific World
 - BIO 24 Human Anatomy and Physiology II (4 Credits)
- Select one course from Area A-E³ (3 Credits)

SUBTOTAL 19

Major Requirements

- COMM 20⁴ Public Speaking and Critical Listening (0-3 credits)
- CPR 10 Cardiopulmonary Resuscitation *OR* WFA 10 Workplace First Aid Training (1 Credit)
- EXS 100 Introduction to Exercise Science and Kinesiology (3 credits)
- EXS 102 Behavioral Aspects of Physical Activity (3 credits)
- Free Electives (0-9 Credits)
- HLT 91 Critical Issues in Health (2 Credits)
- HLT 94 Human Nutrition (3 Credits)
- PEA 12 Elementary Hatha Yoga *OR* PEA 16 Strength and Flexibility Training through Pilates (1 credit)
- PEA 11 Fitness for Life (1 credit)
- PEA 51 Stress Management (2 Credits)
- PEA 101 Introduction to Personal Training (3 credits)
- PSY 11⁴ Introduction to Psychology (0-3 Credits)
- PSY 35 Dynamics of Human Motivation (3 Credits)

SUBTOTAL 28

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.

