

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

### 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 I  Writing Intensive II

### FRESHMAN SEMINAR (Free Elective Credit)<sup>1</sup>

FYS 11<sup>1</sup> (an elective course) 1

### PATHWAYS REQUIRED CORE (course list available online)

<input type="checkbox"/> A	English Composition ENG 110/111 and ENG 112/113/114/115/116	6
<input type="checkbox"/> B	Mathematical and Quantitative Reasoning MTH 21/23 <sup>2</sup>	3
<input type="checkbox"/> C	Life and Physical Sciences BIO 23 <sup>4</sup> Human Anatomy and Physiology I	4

### PATHWAYS FLEXIBLE CORE (course list available online)

<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 BIO 24 <sup>4</sup> Human Anatomy and Physiology II	4
<input type="checkbox"/> A-E	Additional Flexible Core	3

Pathways Total: 32

<sup>1</sup> If FYS is taken, it should be in the first semester.

<sup>2</sup> Students in this curriculum are strongly advised to take MTH 23 to fulfill required Core Area B.

<sup>3</sup> Students must complete five Flexible Core courses, one from each of the four Flexible Core areas (A-D) and an additional course from any of the Flexible Core areas A-E.

<sup>4</sup> The program has been given a waiver to require its students to take BIO 23 to fulfill Required Core Area C and BIO 24 to fulfill Flexible Core Area E.

## TWO-YEAR ACADEMIC PLAN

### SEMESTER I Freshman

		Credits
<input type="checkbox"/> ENG 110 OR ENG 111	Fundamentals of Composition & Rhetoric OR Rhetoric and Composition I (Required Core A)	3
<input type="checkbox"/> HLT 91	Critical Issues in Health (Major Requirement)	2
<input type="checkbox"/> PSY 11	Introduction to Psychology (Flexible Core D & Major Requirement)	3
<input type="checkbox"/> FYS 11 <sup>1</sup>	First Year Seminar (Free Elective Credit)	0-1
<input type="checkbox"/> MTH 21 OR MTH 23 <sup>2</sup>	Survey of Mathematics I OR Probability and Quantitative Reasoning <sup>2</sup> (Required Core B)	3
<input type="checkbox"/> PEA 11	Fitness for Life (Major Requirement)	1
<input type="checkbox"/> Flexible Core <sup>3</sup> A OR C	Select ONE course from Flexible Core <sup>3</sup> A OR C (May opt to fulfill required courses listed below and take flexible core course in a later semester.)	3
<b>Subtotal:</b>		<b>15-16</b>

### SEMESTER II Freshman

<input type="checkbox"/> ENG 112 OR ENG 113 OR ENG 114 OR ENG 115 OR ENG 116	Composition and Rhetoric II OR Writing About Literature OR Written Composition and Prose Fiction OR Written Composition and Drama OR Written Composition and Poetry (Required Core A)	3
<input type="checkbox"/> BIO 23 <sup>4</sup>	Human Anatomy and Physiology I (Required Core C)	4
<input type="checkbox"/> EXS 100	Introduction to Exercise Science and Kinesiology (Major Requirement)	3
<input type="checkbox"/> HLT 94	Human Nutrition (Major Requirement)	3
<input type="checkbox"/> CPR 10 OR WFA 10	Cardiopulmonary Resuscitation OR Workplace First Aid Training (Major Requirement)	1
<input type="checkbox"/> PEA 51	Stress Management (Major Requirement)	2
<b>Subtotal:</b>		<b>16</b>

### SEMESTER III Sophomore

<input type="checkbox"/> BIO 24 <sup>4</sup>	Human Anatomy and Physiology II (Flexible Core E)	4
<input type="checkbox"/> COMM 20	Public Speaking and Critical Listening (Flexible Core B & Major Requirement)	3
<input type="checkbox"/> PEA 101	Introduction to Personal Training (Major Requirement)	3
<input type="checkbox"/> Flexible Core <sup>3</sup> A OR C	Select ONE course from Flexible Core <sup>3</sup> A OR C (May opt to fulfill required courses listed below and take flexible core course in a later semester.)	3
<input type="checkbox"/> PEA 12 OR PEA 16	Elementary Hatha Yoga OR Strength and Flexibility Training through Pilates (Major Requirement)	1
<b>Subtotal:</b>		<b>14</b>

### SEMESTER IV Sophomore

<input type="checkbox"/> EXS 102	Behavioral Aspects of Physical Activity (Major Requirement)	3
<input type="checkbox"/> PSY 35	Dynamics of Human Motivation (Major Requirement)	3
<input type="checkbox"/> Flexible Core A-E <sup>3</sup>	Select an additional course in Flexible Core Areas A-E <sup>3</sup>	3
<input type="checkbox"/> Free Elective	Free elective credits to complete 60 credits	5-6
<b>Subtotal:</b>		<b>14-15</b>

TOTAL: 60