

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

## FALL 2022-SPRING 2023

### REMEDIAL SEQUENCE (if required)

ESL 1 (8) ▶▶  ESL 2 (6) ▶▶  ESL 3 (6) ▶▶  ENG 9 (4)

ENG 1<sup>1</sup> (4) ▶▶  ENG 2<sup>1</sup> (4)

RDL 1<sup>1</sup> (4) ▶▶  RDL 2<sup>1</sup> (6)

MTH 1<sup>2</sup> (4) ▶▶  MTH 5<sup>2</sup> (6)

CHM 2 (4)

### GRADUATION REQUIREMENTS

GPA ≥ 2.0  Writing Intensive 1  Writing Intensive 2

### FRESHMAN SEMINAR

FYS 11

<sup>1</sup>ENG 1/ENG 2 & RDL 1/RDL 2 are no longer offered. Students with ENG/RDL developmental need will now enroll in corequisite course ENG 100 (if English Proficiency Index is 0-49), **OR** ENG 110 (if English Proficiency Index is 50-64).

<sup>2</sup>MTH 1/MTH 5 are no longer available. Students with Math Proficiency Index of 59 or lower may now enroll in corequisite courses MTH 21.5 or MTH 23.5. Students with 39 or lower MPI are strongly encouraged to enroll in Math Start/CUNY Start.

<sup>3</sup>Students in the curriculum are strongly advised to take MTH 23 or MTH 23.5 to fulfill required Core Area B.

<sup>4</sup>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>4</sup>One or more sections of this course/requirement are typically offered that have **zero textbook costs**. Search for the course attribute "OER" (Open Educational Resource) to find the zero-textbook-cost section.

<sup>5</sup>Restricted Elective: must select one course from Flexible Core A-E. No more than two courses in any discipline or interdisciplinary field.

<sup>6</sup>See Degree map at: <http://www.bcc.cuny.edu/academics/academic-advising/degree-maps/> for semester-by-semester sequence.

<sup>7</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: [Transfer Services – Bronx Community College \(cuny.edu\)](http://www.bcc.cuny.edu/transfer-services/)
- 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 <input type="checkbox"/> A	English Composition I & II ENG 100 <sup>1</sup> <b>OR</b> ENG 110 <sup>1</sup> <b>OR</b> ENG 111; <b>AND</b> ENG 112 <b>OR</b> ENG 113 <b>OR</b> ENG 114 <b>OR</b> ENG 115 <b>OR</b> ENG 116	6
<input type="checkbox"/> B	Mathematical and Quantitative Reasoning <sup>2</sup> MTH 21 <b>OR</b> MTH 21.5 <b>OR</b> MTH 23 <sup>3</sup> <b>OR</b> MTH 23.5 <sup>3</sup> <b>OR</b> other course from Required Area B	3
<input type="checkbox"/> C	Life and Physical Sciences <sup>4</sup> BIO 23 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>4</sup> BIO 24 Human Anatomy and Physiology II	4
<input type="checkbox"/> A-E	Select an additional course from Flexible Core A-E <sup>5</sup>	3
<b>Subtotal:</b>		<b>19</b>

### MAJOR REQUIREMENTS<sup>6</sup>

<input type="checkbox"/> CPR 10 <b>OR</b> WFA 10	Cardiopulmonary Resuscitation <b>OR</b> 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 <b>OR</b> PEA 16	Elementary Hatha Yoga <b>OR</b> Strength and Flexibility Training through Pilates	1
<input type="checkbox"/> PEA 11	Fitness for Life	1
<input type="checkbox"/> PEA 51	Stress Management	2
<input type="checkbox"/> COMM 20 <sup>7</sup>	Public Speaking and Critical Listening <sup>7</sup>	0-3
<input type="checkbox"/> PSY 11 <sup>7</sup>	Introduction to Psychology <sup>7</sup>	0-3
<input type="checkbox"/> PSY 35	Dynamics of Human Motivation	3
<input type="checkbox"/> ELECTIVES	Free Electives	0-9
<b>Subtotal:</b>		<b>28</b>
<b>TOTAL:</b>		<b>60</b>