

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

FALL 2023-SPRING 2024

Footnotes:

¹Students with English Proficiency Index (EPI) of 0-49 enroll in corequisite course ENG 100. Students with EPI of 50-64 enroll in corequisite course ENG 110. Students with EPI of at least 65 (or other English proficiency qualification) enroll in ENG 111. Students with ESL need should take appropriate ESL course(s) (Sequence: ESL 01->02->03->09) before enrolling in ENG 110.

²Students with Math Proficiency Index (MPI) of 59 OR lower enroll in corequisite course MTH 21.5 OR MTH 23.5. Students with Math Proficiency Index of 39 OR lower are strongly encouraged to enroll in Math Start/CUNY Start.

³Students in the curriculum are strongly advised to take MTH 23 OR MTH 23.5 to fulfill required Core Area B.

⁴The 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

⁴One 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.

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

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

⁷If this course is completed as part of the Flexible Core, an equivalent number of free electives must be completed.

*Note:

- In order to apply for [graduation](#), students must complete all required courses with appropriate grades, complete two writing intensive courses, and have a minimum GPA of 2.0.

REQUIRED COMMON CORE

<input type="checkbox"/> A <input type="checkbox"/> A	English Composition I ¹ & II ENG 100 ¹ OR ENG 110 ¹ OR ENG 111 ¹ ; AND ENG 112 OR ENG 113 OR ENG 114 OR ENG 115 OR ENG 116	6
<input type="checkbox"/> B	Mathematical and Quantitative Reasoning ^{2,3} MTH 21 OR MTH 21.5 ² OR MTH 23 ^{2,3} OR MTH 23.5 ^{2,3} OR other course from Required Area B	3
<input type="checkbox"/> C	Life and Physical Sciences ⁴ BIO 23 Human Anatomy and Physiology I	4
Subtotal:		13

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 ⁴ BIO 24 Human Anatomy and Physiology II	4
<input type="checkbox"/> A-E	Select an additional course from Flexible Core A-E ⁵	3
Subtotal:		19

MAJOR REQUIREMENTS⁶

<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 11	Fitness for Life	1
<input type="checkbox"/>	PEA 51	Stress Management	2
<input type="checkbox"/>	COMM 20 ⁷	Public Speaking and Critical Listening ⁷	0-3
<input type="checkbox"/>	PSY 11 ⁷	Introduction to Psychology ⁷	0-3
<input type="checkbox"/>	PSY 35	Dynamics of Human Motivation	3
<input type="checkbox"/>	ELECTIVES	Free Electives	0-9
Subtotal:			28
TOTAL:			60