

# EXERCISE SCIENCE & KINESIOLOGY

## A.S. Degree\*

<sup>1</sup> Students 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.

<sup>2</sup> Students with Math Proficiency Index (MPI) of 0-59 enroll in corequisite course MTH 21.5 OR MTH 23.5. Students with MPI of 39 or lower are strongly encouraged to enroll in Math Start/CUNY Start. Students in this curriculum are strongly advised to take MTH 23 to fulfill required Core B.

<sup>3</sup> It is highly recommended that students take FYS 11 in their first or second semester prior to earning 24 credits. This requirement will be waived for students who have earned 24 or more degree or equated credits at BCC. Students transferring into the program with 24 or more degree or equated credits will also be exempt from FYS 11 and only required to complete 60 credits to graduate.

<sup>4</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. See [Common Core Pathways course listing](#).

<sup>5</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.

**\*Note: In order to graduate, students must meet all requirements, including, completing all required courses with appropriate grades, completing two writing intensive courses, and earning a minimum GPA of 2.0, and [applying for graduation](#).**

### SEMESTER I Freshman

	Prerequisite/Corequisite	
<input type="checkbox"/> <b>Required Core A:</b> English Composition I - ENG 100 Integrated Reading and Writing OR ENG 110 Fundamentals of Writing and Rhetoric OR ENG 111 Writing and Rhetoric <sup>1</sup>	See footnote <sup>1</sup>	3
<input type="checkbox"/> <b>Required Core B:</b> MTH 21 A Mathematical World OR MTH 21.5 A Mathematical World with Algebra OR MTH 23 Probability and Statistics OR MTH 23.5 Probability and Statistics with Algebra <sup>2</sup>	See footnote <sup>2</sup>	3
<input type="checkbox"/> <b>Flexible Core D:</b> PSY 11 Introduction to Psychology	Corequisite: ENG 110, if required	3
<input type="checkbox"/> FYS 11 First Year Seminar <sup>3</sup>	None	0-1
<input type="checkbox"/> HLT 91 Critical Issues in Health	Corequisite: ENG 100, if required	2
<input type="checkbox"/> PEA 11 Fitness for Life	None	1
<input type="checkbox"/> <b>Flexible Core A or C:</b> Select <b>ONE</b> course from Flexible Core A or C ( <i>May opt to fulfill required courses listed below and take Flexible Core course in a later semester</i> ) <sup>4</sup>	<a href="#">See catalog</a> <sup>4</sup>	3
<b>Subtotal:</b>		<b>15-16</b>

### SEMESTER II Freshman

	Prerequisite/Corequisite	
<input type="checkbox"/> <b>Required Core A:</b> ENG 112 Composition and Rhetoric II OR ENG 113 Writing About Literature OR ENG 114 Written Composition and Prose Fiction OR ENG 115 Written Composition and Drama OR ENG 116 Written Composition and Poetry	ENG 100, ENG 110, or ENG 111	3
<input type="checkbox"/> <b>Required Core C:</b> BIO 23 Human Anatomy and Physiology I <sup>5</sup>	CUNY English Proficiency; or ENG 100 or 110 if required; and CUNY Math Proficiency; or MTH 23.5 or 28.5, if required	4
<input type="checkbox"/> EXS 100 Introduction to Exercise Science and Kinesiology	Corequisite: BIO 23	3
<input type="checkbox"/> HLT 94 Human Nutrition	HLT 91 and/or permission of instructor	3
<input type="checkbox"/> PEA 51 Stress Management	Corequisite: ENG 100, if required	2
<input type="checkbox"/> <b>Choose ONE:</b> CPR 10 Cardiopulmonary Resuscitation OR WFA 10 Workplace First Aid Training	<a href="#">See catalog</a>	1
<b>Subtotal:</b>		<b>16</b>

### SEMESTER III Sophomore

	Prerequisite/Corequisite	
<input type="checkbox"/> <b>Flexible Core B:</b> COMM 20 Public Speaking and Critical Listening	Corequisite: ENG 110, if required	3
<input type="checkbox"/> <b>Flexible Core E:</b> BIO 24 Human Anatomy and Physiology II <sup>5</sup>	BIO 23	4
<input type="checkbox"/> PEA 101 Introduction to Personal Training	PEA 11; and CUNY English Proficiency, or ENG 100 or 110, if required.	3
<input type="checkbox"/> <b>Choose ONE:</b> PEA 12 Elementary Hatha Yoga OR PEA 16 Strength and Flexibility Training through Pilates	None	1
<input type="checkbox"/> <b>Flexible Core A or C:</b> Select <b>ONE</b> course from Flexible Core A or C ( <i>May opt to fulfill required courses listed below and take Flexible Core course in a later semester</i> ) <sup>4</sup>	<a href="#">See catalog</a> <sup>4</sup>	3
<b>Subtotal:</b>		<b>14</b>

### SEMESTER IV Sophomore

	Prerequisite/Corequisite	
<input type="checkbox"/> EXS 102 Behavioral Aspects of Physical Activity	PSY 11	3
<input type="checkbox"/> PSY 35 Dynamics of Human Motivation	PSY 11	3
<input type="checkbox"/> <b>Flexible Core A-E:</b> Select an additional course in Flexible Core Areas A-E <sup>4</sup>	<a href="#">See catalog</a> <sup>4</sup>	3
<input type="checkbox"/> <b>Free Elective:</b> select to complete 60 credits	<a href="#">See catalog</a>	5-6
<b>Subtotal:</b>		<b>14-15</b>

**TOTAL: 60**