
EXERCISE SCIENCE (AOC)

PROGRAM OVERVIEW

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Students successfully completing this program are awarded an Associate of Science Degree in Arts and Sciences in the Exercise Science area of concentration. In order to become an athletic trainer students must complete a bachelor's degree in athletic training or exercise science at a four-year university.

Successful completion of this program qualifies the student to apply for an Associate of Science degree in Arts and Sciences - Area of Concentration in Exercise Science.

COURSE REQUIREMENTS

REQUIRED PHYSICAL EDUCATION COURSES

PHED-145	Personal Wellness
PHED-153	Cardiopulmonary Resuscitation and First Aid
PHED-173	Introduction to Exercise and Sport Science
PHED-174	Foundations of Resistance Training
PHED-175	Group Methods of Exercise
PHED-232	Lifespan Health and Fitness
PHED-233	Exercise Science Administration
PHED-235	Biomechanics of Exercise Science

REQUIRED GENERAL COURSES

BIO-101	General Biology I
BIO-114	Fundamentals of Nutrition
BIO-207	Anatomy and Physiology of the Human I
BIO-208	Anatomy and Physiology of the Human II
ENG-101	English Composition I
ENG-103 or	Introduction to Literature or
ENG-112	Business and Technical Communication
GEOG-102 or	Cultural Geography or
HIST-105	Contemporary World History
MATH-109	Probability and Statistics
SPCH-101	Speech Communication

REQUIRED ELECTIVE COURSES

Please consult with your advisor or the Advising Center staff for selecting appropriate elective courses for graduation.

Humanities Elective - 3 credits

Physical Education Elective - 1 credit

Social and Behavioral Science Electives - 6 credits

PROGRAM PATH

EXERCISE SCIENCE

AREA OF CONCENTRATION

FIRST SEMESTER

	<u>Credit Hours</u>
Biological Science 101 (General Biology I)	4
English 101 (English Composition I)	3
Geography 102 or History 105 (Cultural Geography or Contemporary World History)	3
Physical Education 145 (Personal Wellness)	2
Physical Education 173 (Introduction to Exercise and Sport Science)	3
Physical Education 174 (Foundations of Resistance Training)	1
Total:	16

SECOND SEMESTER

Biological Science 114 (Fundamentals of Nutrition)	3
English 103 or 112 (Introduction to Literature or Business and Technical Communication)	3
Mathematics 109 (Probability and Statistics)	3
Physical Education 175 (Group Methods of Exercise)	3
Speech 101 (Speech Communication)	3
Total:	15

THIRD SEMESTER

Biological Science 207 (Anatomy and Physiology of the Human I)	4
Physical Education 232 (Lifespan Health and Fitness)	3
Physical Education 233 (Exercise Science Administration)	3
Physical Education Elective	1
Social and Behavioral Science Elective ¹	3
Total:	14

FOURTH SEMESTER

Biological Science 208 (Anatomy and Physiology of the Human II)	4
Humanities Elective ¹	3
Physical Education 153 (Cardiopulmonary Resuscitation and First Aid)	2
Physical Education 235 (Biomechanics of Exercise Science)	3
Social and Behavioral Science Elective ¹	3
Total:	15
Total Credit Hours:	60

¹ Consult your advisor or Advising Center staff for appropriate courses.

NOTE: All courses specifically identified by course number are graduation requirements for this program.