

Gloucester County College
EXERCISE SCIENCE
Associate in Science (A.S.) – Transfer
Program Requirements

The Exercise Science program provides our students with a solid foundation of learning experiences that will enable students to transfer into four-year programs in order to pursue careers in the field of Health Promotion and Fitness Management.

Program Graduates will demonstrate the ability and skill to:

- Analyze and explain how and why the human body responds to various types of physical activities
- Develop exercise/fitness programs for individuals or groups with diverse health backgrounds
- Analyze, evaluate and provide basic care in emergency situations
- Identify general nutritional needs of individuals as well as how nutrition impacts exercise and athletic performance
- Instruct others in the use of a variety of exercise equipment

Required Core and Elective Courses

<u>Communications</u>	<u>Credits</u>
COM 101 English Composition I	3
COM 102 English Composition II	3
SPE 101 Oral Communications	3
 <u>Humanities</u>	
_____ Humanities Elective (Art or Music Appreciation)	3
 <u>Social Science</u>	
PSY 101 General Psychology	3
SOC 101 Principles of Sociology	3
 <u>Mathematics</u>	
MAT _____ Math Elective (Statistics)	3
MAT _____ Math Elective	3
 <u>Science</u>	
BIO 101 General Biology	or
BIO 107 Human Biology	or
CHM 111 General Chemistry	4
BIO 105 Anatomy & Physiology I	4
BIO 106 Anatomy & Physiology II	4
 <u>Computer Science</u>	
CIS 101 Computer Literacy	3
 <u>HPE</u>	
HPE 102 First Aid, Safety, & CPR	2
HPE 104 Health and Fitness for the Individual	2
HPE 111 Cardio Fitness	1
HPE 113 Physical Fitness Activities	1
HPE 136 Nutrition	3
HPE 201 Health Science	3
HPE 231 Specialized Swimming	2
HPE 234 Care/Prevention of Athletic Injuries	3
HPE 240 Intro to Health & Physical Education	3
HPE 260 Exercise Physiology	3
HPE 265 Fitness Assessment & Exercise Prescription	3

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Four Semester Sequence of Courses

<u>FIRST YEAR - Fall Semester</u>			<u>Credits</u>
_____	COM 101	English Composition I	3
_____	MAT _____	Math Elective (Statistics)	3
_____	BIO 101	General Biology I	
_____	BIO 107	Human Biology	
_____	CHM 111	General Chemistry I	4
_____	HPE 111	Cardio Fitness Activities	1
_____	HPE 113	Physical Fitness Activities	1
_____	HPE 240	Intro. to Health & Physical Education	<u>3</u>
			15
<u>Spring Semester</u>			
_____	COM 102	English Composition II	3
_____	MAT _____	Math Elective	3
_____	BIO 105	Anatomy & Physiology I	4
_____	HPE 231	Specialized Swimming	2
_____	HPE 136	Nutrition	3
_____	PSY 101	General Psychology	<u>3</u>
			18
<u>SECOND YEAR - Fall Semester</u>			
_____	BIO 106	Anatomy & Physiology II	4
_____	SOC 101	Principles of Sociology	3
_____	_____	Humanities Elective	3
_____	HPE 102	First Aid, Safety & CPR	2
_____	HPE 104	Health & Fitness for the Individual	2
_____	HPE 201	Health Science	<u>3</u>
			17
<u>Spring Semester</u>			
_____	CIS 101	Computer Literacy	3
_____	SPE 101	Oral Communications	3
_____	HPE 234	Care/Prevention of Athletic Injuries	3
_____	HPE 260	Exercise Physiology	3
_____	HPE 265	Fitness Assessment & Exercise Prescription	<u>3</u>
			15
<u>TOTAL MINIMUM CREDITS:</u>			65