

# EXERCISE SCIENCE, AS

**Program code:** EXSC-AS

**Location:** Gateway, Manchester, Norwalk, Three Rivers

## Program Description

The Exercise Science Program is designed to provide fundamental and theoretical knowledge as well as practical skills necessary to assume the role of a health fitness professional in commercial and clinical settings. With an emphasis on exercise physiology and health, the program integrates cutting edge research with fundamental theories of learning and basic clinical skills. Graduates of the program will be prepared for a career in health fitness and will demonstrate sound communication skills, lifelong learning, safe and effective care, within their legal scope, and compassion for those they work with.

## Learning Outcomes

Upon successful completion of all program requirements, graduates will be able to:

1. Demonstrate an understanding of human anatomy and physiology, exercise physiology and knowledge in a holistic wellness model that promotes health beyond just the physical aspect.
2. Demonstrate sound knowledge and clinical skills needed for health screenings, exercise testing and exercise prescription with a variety of populations.
3. Demonstrate an understanding of a variety of public health concerns including physical inactivity, nutrition, chronic disease and disability and human performance.
4. Develop leadership, interpersonal, and communication skills which lead to increased collaboration with a variety of health care professionals in a multidisciplinary approach to wellness.
5. Practice sound, prudent, and ethical functions necessary in health fitness and allied health professions.

Career Opportunities are available in:

- Human Performance Centers
- Personal Training
- Wellness Centers
- Rehabilitation Centers
- Corporate Wellness Centers
- Community Centers

## Degree Requirements

Code	Title	Credits
<b>General Education Courses</b>		
ENG 1010	Composition	3
MATH 1100 or higher		3-4
Elective ARHX - Arts & Humanities Course		3-4
BIO 1111 or BIO 1210	Cell Biology with Organ Systems General Biology I	4
PSY 1011	General Psychology I	3
COMM 1301	Public Speaking	3
CCS 1001	College and Career Success	3

### Program Courses

EXSC 1001	Introduction to Exercise Science	3
EXSC 2030	Exercise Testing and Program Design	4
EXSC 2031	Exercise Programming for Clinical Populations	3
EXSC 2032	Aspects of Strength and Conditioning	3
EXSC 2040	Exercise Physiology with Lab	4
EXSC 2050	Kinesiology with Lab	4
EXSC 2095	Field Placement in Exercise Science	3
BIO 1011	Introduction to Nutrition	3
BIO 2111	Anatomy and Physiology I	4
BIO 2112	Anatomy and Physiology II	4
ENG 1020	Composition II and Literature	3
<b>Total Credits</b>		<b>60-62</b>

Related CSCU Transfer Ticket program

- Exercise Science Studies - CSCU Transfer Degree, AA