

# EXERCISE SCIENCE, AS

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**Program code:** EXSC-AS

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

## 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
<b>Program Courses</b>		
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>