

EXERCISE SCIENCE STUDIES - CSCU TRANSFER DEGREE, AA

Program code: EXSC-AA-TAP

Location: Gateway, Manchester, Norwalk, Three Rivers

Program Description

The Exercise Science Transfer Ticket Program is designed to provide fundamental and theoretical knowledge to transfer and succeed in a baccalaureate exercise science program. It also provides the 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. This program offers the transfer student a transfer level mathematics course and an increased number of general education courses creating a well-rounded base in order to continue with further education.

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 activity, 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.
6. Develop an understanding of the skills, knowledge, abilities and continued education needed to progress in the Exercise Science and health-related fields.

Career opportunities available in Human Performance Centers, Personal Training, Wellness Centers, Rehabilitation Centers, Community Centers.

Degree Requirements

Code	Title	Credits
Framework Courses		
ENG 1010	Composition	3
MATH 1200	Statistics I	3
Elective ARHX - Arts & Humanities Course		3-4
BIO 1111 or BIO 1210	Cell Biology with Organ Systems General Biology I	4
BIO 2111	Anatomy and Physiology I	4
PSY 1011	General Psychology I	3
Elective HISX - Historical Knowledge Course		3
COMM 1301	Public Speaking	3

Elective WRIX - Written Communication II Course		3
CCS 1001	College and Career Success	3
Pathway Courses		
EXSC 1001	Introduction to Exercise Science	3
Choose one of the following:		3
EXSC 2010	Sports Nutrition	
EXSC 2031	Exercise Programming for Clinical Populations	
HPE 2040	Introduction to Athletic Training	
EXSC 2030	Exercise Testing and Program Design	4
EXSC 2032	Aspects of Strength and Conditioning	3
EXSC 2040	Exercise Physiology with Lab	4
EXSC 2050	Kinesiology with Lab	4
BIO 2112	Anatomy and Physiology II	4
EXSC 2095	Field Placement in Exercise Science	3
Total Credits		60-61

Related Associate of Science program

- Exercise Science, AS