

ASSOCIATE IN APPLIED SCIENCE EXERCISE SCIENCE

(62.75 hrs. min.)

CIP: 31.0501

This program provides students with the foundational knowledge and skills required of fitness professionals. Successful completion of course work prepares students to take national-level certification exams offered by the ACSM (American College of Sports Medicine), NSCA (National Strength and Conditioning Association) and ACE (American Council on Exercise). If students wish to transfer, they must work closely with their transfer institutions and their SFCC advisers to ensure smooth transitions to four-year schools. This degree program is currently endorsed by the ACSM.

Note: A.A.S. degrees are designed to prepare students for entry-level positions in specific occupations; they are not generally intended to transfer to four-year institutions. For more information on transfer, please refer to Page X of this catalog, or speak with an academic adviser.

PROGRAM OUTCOMES

Upon completion of this program, students will be able to:

- Demonstrate knowledge and skills to safely structure and administer basic field and laboratory tests to assess the various components of physical fitness, interpret the results and communicate the results to the testing subjects (clients).
- Identify areas of health and injury risks of potential clients and modify exercise and testing guidelines accordingly.
- Develop an exercise program that is safe, time-efficient and progressive.
- Identify basic bones as well as muscular structure and function.

- Understand basic elements of anatomy and physiology.
- Recognize physical responses and adaptations to acute and chronic exercise.
- Administer first responder care.
- Apply principles of behavior modification to help clients with stress management, weight management, smoking cessation and exercise adherence.
- Apply principles of marketing, business management skills.
- Demonstrate knowledge of the basic principles of nutrition, including functions, interactions and human requirements of micro- and macronutrients.
- Demonstrate knowledge of the effects of exercise on nutritional requirements demonstrate an understanding of the efficacy and risks of various ergogenic aids.

GENERAL EDUCATION REQUIREMENTS: (28 HRS. MIN.)

Communications (9 hrs.)

ENGL 111 Composition and Rhetoric (3)
ENGL 119 Professional Communication (3)

[or]

ENGL 216 Technical Writing (3)
SPCH 111 Public Speaking (3)

[or]

SPCH 220 Interpersonal Communication (3)

[or]

SPCH 225 Small-Group Communication (3)

Humanities (3 hrs.)

Behavioral/Social Sciences (3 hrs.)

Math (3 hrs. min.)

MATH 119 Applications of Mathematics for Nonscience Majors (3)

[or]

MATH 121 College Algebra (4)

Science (4 hrs.)

BIOL 136 Human Anatomy and Physiology for Non-Majors (3)

BIOL 136L Human Anatomy and Physiology for Non-Majors Lab (1)

Computers/Technology (4 hrs.)

OFTC 111 Business Software Essentials I (4)

Health, Physical Education and Recreation or Dance (2 hrs. min.)

Credits must be earned in different activities. (See your adviser for information.)

ASSOCIATE IN APPLIED SCIENCE DEGREES

CORE REQUIREMENTS: (31.25 HRS.)

EMSI 151L	Basic Life Support (.25) [or current CPR certificate]
EXSC 116	Legal and Professional Responsibilities/Marketing (1)
EXSC 200	Exercise Physiology (3)
EXSC 201	Human Movement (4)
EXSC 202	Instruction in Lifestyle Change (3)
EXSC 210	Prevention and Care of Exercise Injury (3)
EXSC 220	Fitness and Exercise Testing (4)
EXSC 230	Physical Fitness Theory and Instruction (4)
EXSC 293L	Practicum: Applications in the Weight Room (1) [Must be taken twice to fulfill degree requirements.]
EXSC 298	Internship (1)
NUTR 200	Nutrition (3)
NUTR 230	Nutrition for Fitness and Sports (3)

APPROVED ELECTIVES: (3.5 HRS.)

Choose from the following:

EXSC 120	Instructional Methods: Pilates (0.5)
EXSC 122	Instructional Methods: Youth Fitness (0.5)
EXSC 123	Instructional Methods: Fitness Cycling (0.5)
EXSC 124	Instructional Methods: Senior Fitness (0.5)
EXSC 126	Instructional Methods: Personal Training (1)
EXSC 127	Instructional Methods: Certification Review (0.5)
EXSC 128	Instructional Methods: ACSM HFI Review (1)
EXSC 129	Instructional Methods: Dance Exercise (1)
EXSC 131	Instructional Methods: Aquatic Exercise (.5)
EXSC 132	Instructional Methods: Alternative Strength Training (.5)
EXSC 133	Instructional Methods: Training Techniques Review (.5)
EXSC 134	Instructional Methods: Outdoor Applications (.5)

Note: See "College Success Course Requirement" on Page 8.

TOTAL 62.75 CREDITS MIN.