EXERCISE SCIENCE, ASSOCIATE IN SCIENCE

The Associate in Science Degree in Exercise Science program will prepare students for careers in the entry level jobs in the fitness and health industry. This program provides knowledge and leadership skills necessary for preparing students to become Certified Personal Trainers and/or Certified Group Fitness Instructors. To earn an Associate in Science Degree in Exercise Science, students must complete 18 specified units, the college's General Education requirements and/or elective units for a minimum of 60 units.

In addition to General Education degree requirements, complete the following:

Course ID	Title	Units/ Hours
General Education		
Required Courses		
KIN M16	Personal Training Principles	3
KIN M17	Teaching Group Fitness	3
KIN M18	Foundations of Fitness	3
HED M05	First Aid, CPR, AED & Emergency Procedures	3
Units from Program Electives		6
Total Units		**18**

Course ID	Title	Units/ Hours
Program Electives		
ANAT M01	Human Anatomy [1]	4
BIOL M01	Introduction to Biology [1]	4
HED M03	Nutrition, Fitness, and Stress Management	3
KIN M13	Prevention and Care of Athletic Injuries	3
KIN M80	Internship in Kinesiology	1-4
PHSO M01/M01H	Human Physiology [1]	4
Total Required Major Units: 18		
MC General Education Pattern: 28		
Double-Counted Units: 3 - 6		
Electives to meet 60 associate degree units: 17 - 20		
Total Required for the AS Degree: 60		

[1] Students planning on transferring to a university should select two of the following courses: ANAT M01 Human Anatomy (Units: 4), BIOL M01 Introduction to Biology (Units: 4), or PHSO M01 Human Physiology (Units: 4).

Year 1		
Fall Semester		**Units/Hours**
BIOL M01	Introduction to Biology	4
HED M03	Nutrition, Fitness, and Stress Management	3
	Units/Hours	**7**
Spring Semester		
ANAT M01	Human Anatomy	4
HED M05	First Aid, CPR, AED & Emergency Procedures	3
KIN M16	Personal Training Principles	3
PHSO M01	Human Physiology	4
	Units/Hours	**14**
Year 2		
Fall Semester		
KIN M18	Foundations of Fitness	3
	Units/Hours	**3**
Spring Semester		
KIN M13	Prevention and Care of Athletic Injuries	3
KIN M17	Teaching Group Fitness	3
KIN M80	Internship in Kinesiology	1-4
	Units/Hours	**7-10**
	Total Units/Hours	**31-34**

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

- apply the science of kinesiology to provide optimal customer service in the areas of nutrition coaching, exercise, and lifestyle management.
- demonstrate fundamentals skills for being successful within the field of personal training.
- individualize program variables as applied to group fitness settings.