

A.S. EXERCISE SCIENCE/PERSONAL TRAINING

Total Credits 60

Requirements for Matriculants

COLLEGE REQUIREMENTS

(Successful completion of COMPASS Math Skills Test and the CUNY ACT in Reading and Writing with passing scores or, developmental courses may be required.)

One (1) Writing Intensive course in any discipline from any category below is required. Such courses are designated "W". Participation in a Learning Community that includes ENG 12 also satisfies this requirement.

ENG 01200.....	3 credits
ENG 02400.....	3
HE 01400	1

A passing score on the CUNY Proficiency Exam (CPE) is required for graduation and must be taken following the completion of 45 credits.

DEPARTMENT REQUIREMENTS §

Introduction to Personal Training (EXS 00900).....	3 credits
Kinesiology of Exercise (EXS 01000)	3
Physiology of Exercise (EXS 01100).....	3
Health Risk Appraisal (EXS 01200).....	3
Fitness Assessment and Program Design (EXS 01300).....	3
Muscular Fitness Training Techniques (EXS 01500).....	3
Field Experience in Exercise Science (EXS 091X6)	3
First Aid and Personal Safety (HE 03500)	2
Cardiopulmonary Resuscitation (HE 02000).....	1

Choose one from each of the following groups for 3 credits:3

Group I

Walk, Jog, Run (PEC 00200)
Aerobic Dance (PEC 01900)

Group II

Swimming for Non-Swimmers and Beginners
(PEC 03000)
Swimming for Fitness (PEC 03300)
Aqua Exercise (PEC 06500)

Group III

Tai Chi Chuan (PEC 02500)
Introduction to Hatha Yoga (PEC 02900)
Pilates System of Exercise (PEC 05600)
Beginning Karate and Self-Defense (PEC 02700)
Personal Self-Defense for Women (PEW 02100)

GENERAL EDUCATION REQUIREMENTS

A minimum of six (6) from Group A, six (6) from Group B and fourteen (14) from Group C.

Group A — ARTS AND HUMANITIES.....6 credits
Disciplines: *Art - Media & Film Studies - Foreign Language - Literature - Music - Philosophy -
Speech - Theatre Arts*

Excluded are Art studio, Music studio, Theatre production & skills courses

Group B — BEHAVIORAL AND SOCIAL SCIENCES.....6 credits
PSY 01100 is **required**. A second course may be selected from:
Anthropology - Economics - History - Political Science - Sociology

Group C — MATHEMATICS AND SCIENCES.....14 credits
MAT 00700 **or** MAT 00900 **or** MAT 02000
Human Anatomy **and** Physiology I and II (BIO 01100 and 01200)
Science of Nutrition (BIO 07000)

ELECTIVES: 1 credit sufficient to meet required total of 60 credits