

# CERTIFICATE IN EXERCISE SCIENCE / PERSONAL TRAINING•

**Total Credits: 30**

## Requirements for Matriculants

### COLLEGE REQUIREMENTS

Passing scores on the CUNY/ACT in Reading and Writing and the COMPASS Math Skills Test or developmental courses may be required.

If required:

ENG 00400, 09100, 09200 &/or 09300 .....	0
MAT 0M100 & 0M200 or MAT 0R300 proficiency.....	0

### DEPARTMENT REQUIREMENTS § — 30 credits

Human Anatomy and Physiology I and II (BIO 01100, 01200) .....	8 credits
The Science of Nutrition (BIO 07000) .....	3
Kinesiology of Exercise (EXS 01000) .....	3
Physiology of Exercise (EXS 01100) .....	3
Health Risk Appraisal (EXS 01200) .....	3
Fitness Assessment and Exercise Prescription (EXS 01300) .....	3
Muscular Fitness Training Techniques (EXS 01500).....	3
Any PEC course (except PEC 00400, 00500).....	1
Cardiopulmonary Resuscitation (HE 02000) .....	1
First Aid and Personal Safety (HE 03500) .....	2

• This program is within the Health, Physical Education and Recreation Department.

§ Consultation with the Department Advisor is required.