Exercise Science, A.S.

HEGIS: 5299.30
PROGRAM CODE: 22486
PROGRAM DIRECTOR: Prof. Christine Fey

DEPARTMENT: HEALTH, PHYSICAL EDUCATION AND RECREATION

The Exercise Science AS degree is designed to provide students with the foundational courses for transfer to baccalaureate programs in pursuit of active, wellness-oriented careers. Courses provide the required knowledge and applicable skills for fitness assessment, exercise program design, strength and flexibility training, weight management, health and nutrition, anatomy and physiology, professional responsibilities and ethics, and educational, licensing, and certification requirements.

The curriculum presented here applies to students who started the major in Fall 2025 or Spring 2026. If you enrolled as a matriculant prior to that, please see the *College Catalog* for the year you started the major as a matriculant for the curriculum requirements that apply to you.

Consultation with the Program Advisor is required.

Degree Maps:

Degree Map for Exercise Science, A.S.

Your Degree Map contains the suggested term-by-term course sequence for your academic path towards graduation.

To ensure successful and timely completion of your degree, it is recommended that you meet with your academic advisor to discuss your unique map.

Please note some courses *may* only be offered once an academic year.

Program Learning Outcomes:

Upon successful completion of the Exercise Science/Personal Training degree program requirements, graduates will:

1. demonstrate effective written and verbal communication skills
2. articulate knowledge of the structure and function of the human body at rest and during exercise
3. demonstrate core principles in Exercise Science including fitness assessment and program design, strength and flexibility, and concepts of life-long wellness
4. perform fitness assessment protocols for measuring body composition, muscular strength and endurance, range of motion, and cardiorespiratory fitness

5. design safe and effective person exercise plan that meets individualized goals
6. demonstrate appreciation for various forms of physical activity through exposure to a wide variety of physical fitness activities
7. explain basic concepts of nutrition and energy balance to improve or maintain healthy body composition across the lifespan
8. identify scholarly research articles and professional sources of information pertinent to the field of Exercise Science
9. describe professional responsibilities of various career paths available in Exercise Science
10. explain the role and mission that professional organizations play in advancing and promoting Exercise Science
11. describe educational, licensing, and certification requirements for various career paths in Exercise Science
12. identify appropriate baccalaureate programs that suit their particular area of interest within Exercise Science or related field

College Requirements:

English and Math proficient as determined by the CUNY Proficiency Index, unless otherwise exempt, or successful completion of any required developmental course(s).

Civic Engagement Experiences:

One (1) Civic Engagement experience satisfied by Civic Engagement Certified or Civic Engagement Component course or approved outside activity.

Writing Intensive Requirement:

One (1) Writing Intensive Course in any discipline is required.

Required Core (4 Courses, 13 Credits):

When Required Core Courses are specified for a category, they are required for the major

- ENG 1200 - Composition I 3 Credit(s)
- ENG 2400 - Composition II 3 Credit(s)
- **Mathematical & Quantitative Reasoning Course***
    - MAT 9010 - Introduction to Mathematics with College Algebra 3 Credit(s) or
    - MAT 9B0 - College Algebra for STEM Majors 3 Credit(s) or
    - MAT 900 - College Algebra 3 Credit(s)
- **Life & Physical Sciences Course***
    - BIO 1100 - Human Anatomy and Physiology I 4 Credit(s)

Flexible Core (6 Courses, 19 Credits):

When Flexible Core Courses are specified for a category, they are required for the major

One course from each Group A to D (Group E is satisfied by the course shown). **No more than two courses can be selected from the same discipline**

A. World Cultures and Global Issues Designated Course

B. U.S. Experience in its Diversity Designated Course

C. Creative Expression Designated Course

D. Individual and Society Designated Course

E. Scientific World Designated Course*

- BIO 1200 - Human Anatomy and Physiology II 4 Credit(s)
- PSY 1100 - General Psychology 3 Credit(s)

Major Requirements (8 Courses, 28 Credits):

- EXS 500 - Introduction to Exercise Science 3 Credit(s)
- EXS 1300 - Fitness Assessment and Program Design 3 Credit(s)
- EXS 1500 - Lifetime Strength and Flexibility Training 3 Credit(s)
- EXS 2000 - Exercise, Energy Balance, and Weight Management 3 Credit(s)
- HE 3500 - First Aid and Personal Safety 2 Credit(s)
- HE 4200 - Health and Nutrition 3 Credit(s)
- HPE 1200 - Concepts of Wellness 3 Credit(s)
- BA 6000 - Introduction to Computer Concepts 3 Credit(s)

Select five (5) courses from among the following three (3) groups, with no more than two (2) courses from any group:

Group I:

- PEC 200 - Walk, Jog, Run 1 Credit(s)
- PEC 1900 - Aerobic Dance 1 Credit(s)
- PEC 7100 - High Intensity Fitness Training 1 Credit(s)

Group II:

- PEC 3000 - Swimming for Non-Swimmers and Beginners 1 Credit(s)
- PEC 3300 - Advanced Swimming 1 Credit(s)
- PEC 6500 - Aqua Exercise 1 Credit(s)

Group III:

- PEC 800 - Body Weight Resistance Training 1 Credit(s)
- PEC 2500 - Tai Chi Ch'Uan 1 Credit(s)
- PEC 2900 - Introduction to Hatha Yoga 1 Credit(s)
- PEC 5600 - Pilates System of Exercise 1 Credit(s)
- PEC 2700 - Beginning Karate and Self Defense 1 Credit(s)
- PEW 2100 - Personal Self Defense for Women 1 Credit(s)

Electives:

0 credits sufficient to meet required total of 60 credits.

Notes:

* This program has a waiver to require particular courses in the Common Core, otherwise more than the minimum credits for the degree may be necessary.

Total Credits: 60