

EXERCISE SCIENCE

Associate in Arts

Transfer Preparation* (Major Code: A1360)

Exercise science is the study of the processes through which individuals obtain optimal health, physical skills, and fitness. The academic foundation of exercise science is the study of human movement as it affects and is affected by physiological, psychological, developmental, sociocultural, and mechanical parameters.

While this program emphasizes preparation for the teaching career, the physical educator is prepared for a wide range of career opportunities in such fields as physical therapy, athletic training, recreation, research, and private fitness and health.

Program Student Learning Outcomes

- Learn how the body responds to exercise demands and the positive benefits, known as training effects, that can be achieved through healthy exercise habits.
- Differentiate between cardio-respiratory exercise and muscle strength and endurance exercise and how those components make up physical fitness.

First Semester		Units
BIOL 100	PRINCIPLES OF BIOLOGY	3
BIOL 101	PRINCIPLES OF BIOLOGY LABORATORY	1
ES/T 202	INTRODUCTION TO KINESIOLOGY	3
Units		7
Second Semester		
BIOL 260	HUMAN ANATOMY	4
SOC 101	INTRODUCTION TO SOCIOLOGY	3
Units		7
Third Semester		
CHEM 100	INTRODUCTION TO GENERAL CHEMISTRY	4
COMM 103	ORAL COMMUNICATION	3
Select 1 unit of ES/Activity		1
Units		8
Fourth Semester		
BIOL 261	PRINCIPLES OF HUMAN PHYSIOLOGY	4
PSYC C1000	INTRODUCTION TO PSYCHOLOGY	3
Select 1 unit of ES/Activity		1
Units		8
Total Units		30

* Students planning to transfer to a four-year college or university should complete courses specific to the transfer institution of choice. University requirements vary from institution to institution and are subject to change. Therefore, it is important to verify transfer major preparation and general education requirements through consultation with a counselor in either the Counseling Center or Career and Transfer Connections. See catalog Transfer Courses Information (<http://catalog.swccd.edu/student-success-support-program/student-services-and-college-services/other-services/transfer-courses/>) section for further information.

To earn an associate degree, additional general education and graduation requirements (<http://catalog.swccd.edu/certificates-certifications-degrees-csuuc-requirements/>) must be completed.