

EXERCISE SCIENCE - ASSOCIATE OF SCIENCE DEGREE (AS)

Explore More About This Program: <https://cwi.edu/program/exercise-science>

Degree Quick Facts

- **Instructional School:** Health
- **Department:** Health Science
- **Program Code:** EX-SCI.AS
- **Program Type:** Academic Transfer
- **Available Fully Online:** No
- **Eligible for Federal Financial Aid:** Yes

Degree Requirements

Course	Course Title	Min Credits
General Education Requirements		
<i>Complete the following course to fulfill the Connecting with Ideas requirement:</i>		
CWI 101	Connecting With Ideas	3
<i>Complete the following courses to fulfill the GEM 1 requirement:</i>		
ENGL 101	Writing and Rhetoric I	3
ENGL 102	Writing and Rhetoric II	3
<i>Complete the following course to fulfill the GEM 2 requirement:</i>		
<u>GEM 2 - Oral Communication course</u>		2
<i>Complete the following courses to fulfill the GEM 3 requirement:</i>		
MATH 147	College Algebra and Trigonometry	5
<i>Complete the following courses to fulfill the GEM 4 requirement:</i>		
HLTH 220	Fundamentals of Nutrition	3
Select one of the following options:		4-5
Option 1:		
BIOL 226	Human Anatomy and Physiology I Plus	
BIOL 227P	Human Anatomy and Physiology I	
BIOL 227L	Human Anatomy and Physiology I Lab	
Option 2:		
BIOL 227	Human Anatomy and Physiology I	
BIOL 227L	Human Anatomy and Physiology I Lab	
<i>Complete the following courses to fulfill the GEM 5 requirement:</i>		
<u>GEM 5 - Humanistic & Artistic Ways of Knowing course</u>		3
<u>GEM 5 - Humanistic & Artistic Ways of Knowing course</u> ¹		3
<i>Complete the following courses to fulfill the GEM 6 requirement:</i>		
EXHS 155	Health and Wellness ²	3
PSYC 101	Introduction to Psychology	3
<i>Complete one of the following courses to fulfill the Global Perspectives requirement:</i>		
HLTH 280	Global Health ²	3
Major Requirements		
BIOL 228	Human Anatomy and Physiology II	3
BIOL 228L	Human Anatomy and Physiology II Lab	1
EXHS 200	Introduction to Kinesiology	2
EXHS 201	Cultural, Historical, and Philosophical Foundations of Physical Activity	3
EXHS 243	Applied Kinesiology	3
EXHS 270	Motor Learning	3
EXHS 270L	Motor Learning Lab	1
EXHS 290	Exercise Physiology	3
EXHS 290L	Exercise Physiology Lab	1
Select one of the following courses:		1
EXHA 102	Couch to 10K	

EXHA 103	Stress Management
EXHA 104	Stay Active, Live Well!
EXHA 105	Walking for Health and Fitness

Minimum Credit Hours Required **60**

¹ Course must come from a different discipline.

² This course fulfills the Ethical Reasoning requirement for an associate degree from CWI.

Plan of Study Guide

The course sequence listed below is strongly recommended in order to complete your program requirements. Please register for each semester as shown using the Student Planning tool in myCWI. Plans may be modified to fit the needs of part-time students by adding additional semesters. Consult your Student Success Advisor for any questions regarding this course sequence plan.

First Year

Fall		Credit Hours
CWI 101	Connecting With Ideas	3
ENGL 101	Writing and Rhetoric I (GEM 1)	3
EXHS 155	Health and Wellness (GEM 6) ¹	3
EXHS 200	Introduction to Kinesiology	2
PSYC 101	Introduction to Psychology (GEM 6)	3
Total Semester Credit Hours		14

Spring

Select one of the following options (GEM 4): 4-5

Option 1:

BIOL 226	Human Anatomy and Physiology I Plus
BIOL 227P	Human Anatomy and Physiology I
BIOL 227L	Human Anatomy and Physiology I Lab

Option 2:

BIOL 227	Human Anatomy and Physiology I	
BIOL 227L	Human Anatomy and Physiology I Lab	
ENGL 102	Writing and Rhetoric II (GEM 1)	3
EXHS 201	Cultural, Historical, and Philosophical Foundations of Physical Activity	3
MATH 147	College Algebra and Trigonometry (GEM 3)	5
Total Semester Credit Hours		16

Second Year

Fall		
BIOL 228	Human Anatomy and Physiology II	3
BIOL 228L	Human Anatomy and Physiology II Lab	1
Select one of the following courses:		1
EXHA 102	Couch to 10K	
EXHA 103	Stress Management	
EXHA 104	Stay Active, Live Well!	
EXHA 105	Walking for Health and Fitness	
EXHS 243	Applied Kinesiology	3
EXHS 270	Motor Learning	3
EXHS 270L	Motor Learning Lab	1
<u>GEM 5 - Humanistic & Artistic Ways of Knowing course</u>		3
Total Semester Credit Hours		15

Spring

EXHS 290	Exercise Physiology	3
EXHS 290L	Exercise Physiology Lab	1

HLTH 220	Fundamentals of Nutrition (GEM 4)	3
HLTH 280	Global Health (Global Perspectives) ¹	3
<u>GEM 2 - Oral Communication course</u>		2
<u>GEM 5 - Humanistic & Artistic Ways of Knowing course</u> ²		3
Total Semester Credit Hours		15
Minimum Credit Hours Required		60

¹ This course fulfills the Ethical Reasoning requirement for an associate degree from CWI.

² Course must come from a different discipline.

Program Learning Outcomes

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

- Distinguish the underlying musculoskeletal and neuromuscular anatomy of the human body as it relates to the performance and analysis of various locomotive and non-locomotive motor skills, as well as injury treatment and prevention.
- Understand the physiological basis for exercise and physical activity in direct application to physical fitness, athletic conditioning, and general health.
- Demonstrate knowledge of scientific movement theory and application through the performance of health, fitness, and movement assessment; the acquisition, analysis, and interpretation of data; and the appraisal and application of information from current literature.
- Understand the principles of nutrition and the role of diet and exercise on body composition, weight control, disease prevention and management, and exercise performance.
- Demonstrate and articulate behavior consistent with that of a kinesiology professional, including advocacy for a healthy, active lifestyle; adherence to professional ethics; service to others; shared responsibility and successful collaboration with peers; and pursuit of learning beyond CWI.