

EXERCISE SCIENCE - ASSOCIATE OF SCIENCE DEGREE (AS)

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

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 | | Credit Hours |
|---|-------------------------------------|--------------|
| 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

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

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|--|--|-----------|
| 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.