

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

NOTE: Courses required for this program *may* have an additional fee; more information can be found on the [Special Course Fees](#) web page.

Degree Requirements

Course	Course Title	Min Credits
General Education Requirements		
CWI 101	Connecting With Ideas	3
HLTH 280	Global Health (Global Perspectives) ¹	3
ENGL 101	Writing and Rhetoric I (GEM 1)	3
ENGL 102	Writing and Rhetoric II (GEM 1)	3
GEM 2 - Oral Communication course		2
MATH 147	College Algebra and Trigonometry (GEM 3)	5
HLTH 220	Fundamentals of Nutrition (GEM 4)	3
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	
GEM 5 - Humanistic & Artistic Ways of Knowing course		3
GEM 5 - Humanistic & Artistic Ways of Knowing course ²		3
EXHS 155	Health and Wellness (GEM 6) ¹	3
PSYC 101	Introduction to Psychology (GEM 6)	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 1-2 credits from the following courses to bring the total credits earned to 60:		1-2
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 This course fulfills the Ethical Reasoning requirement for an associate degree from CWI.

² Course must come from a different discipline.