

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 | |

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