

EXERCISE SCIENCE (AS)

Catalog Effective Term: Fall 2024

Program Code: ASESCI

Credential: Associate in Science

The Exercise Science program is designed to prepare students for employment at the entry level in health and fitness-related occupations and/or for higher education by training in the sciences that relate to physical activity, health, fitness, nutrition, wellness, and weight control. Completion of the two-year degree will prepare students for the ACSM certification exams for personal trainer and/or health/fitness instructor. The AS degree in Exercise Science from WCC is designed to prepare students for transfer to a four-year institution that offers degrees in sports medicine-exercise science, kinesiology, movement science, and physical education. Individuals that transfer to four-year institutions in these fields (and in some cases go beyond the four-year degree) can be expected to find employment in a wide variety of occupations, including (but not limited to) physician, physician's assistant, physical therapist, physical therapist assistant, research scientist, fitness manager, worksite wellness coordinator, exercise specialist, clinical exercise physiologist, coach, physical education teacher, and other exercise-related positions.

Articulation

Eastern Michigan University, several BS degrees

Copies can be obtained from the Counseling Office, a program advisor, or from the Curriculum and Assessment Office Web site: <http://www.wccnet.edu/learn/transfer-wcc-credits/articulation-agreements.php>.

Minimum Credits Required for the Program: 62

Course	Title	Credits
First Semester		
BIO 162	General Biology II Cells and Molecules	4
ENG 111	Composition I	4
MTH 160	Basic Statistics	4
PSY 100	Introduction to Psychology	3
Credits		15
Second Semester		
BIO 110	Introduction to Exercise Science	3
BIO 161	General Biology I Ecology and Evolution	4
CEM 111	General Chemistry I	4
ENG 226	Composition II	3
MTH 178	General Trigonometry ¹	3
Credits		17
Third Semester		
BIO 111	Anatomy and Physiology - Normal Structure and Function	5
BIO 201	Physiology of Exercise	4
PHY 111	General Physics I	4
Arts/Human. Elective(s) (https://coursecatalog.wccnet.edu/academics/general-education/#arthuma) (Not COM)		3
Credits		16
Fourth Semester		
BIO 215	Cell and Molecular Biology	4

BIO 225	Tests and Measurements in Exercise Science	3
HSC 131	CPR/AED and First Aid	1
Soc. Sci. Elective(s) (https://coursecatalog.wccnet.edu/academics/general-education/#socbehavsci) (Not PSY)		3
COM 101	Fundamentals of Speaking	3
Credits		14
Total Credits		62

¹ Students must have an Academic Math Level of 5 to enroll in MTH 178 General Trigonometry