

EXERCISE SCIENCE

ASSOCIATE IN SCIENCE

An exercise science degree from Labette Community College prepares students to continue their education in Exercise Science, Kinesiology, or Health related fields. Students pursuing this degree should have interest in pursuing a career in strength and conditioning, health and wellness promotion, nutrition, and personal training. Exercise Science is also an excellent degree choice for advanced professional programs such as physical therapy, chiropractic, athletic training, and medicine.

Credits Required: 60

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After Graduation

Students completing the A.S. Degree in Exercise Science generally pursue an undergraduate degree in Exercise Science or related field. Students attaining the degree are prepared to test and complete a personal training certification exam, although completion of the certification exam is not required as part of the academic program. Students who chose to take the certification exam are capable of attaining work in a personal training career.

<u>Concentration Requirements</u>			<u>16</u>
<input type="checkbox"/>	BIOL 130	Anatomy & Physiology	5
<input type="checkbox"/>	PED 103	Care & Prevention of Athletic Injuries	3
<input type="checkbox"/>	PED 110	Introduction to Exercise Science	3
<input type="checkbox"/>	PED 114	Basic Nutrition	3
<input type="checkbox"/>	PED 118	First Aid and CPR	2
<u>General Education Requirement</u>			<u>35</u>
English			
<input type="checkbox"/>	ENGL 101	English Composition I	or
<input type="checkbox"/>	ENGL 103	English Composition I with Review	3
<input type="checkbox"/>	ENGL 102	English Composition II	3
Communications			
	Choose one class		
<input type="checkbox"/>	_____		3
Math & Statistics			
	Choose one class		
<input type="checkbox"/>	_____		3
Natural & Physical Science			
	Choose one class		
<input type="checkbox"/>	_____		5
Social & Behavioral Sciences			
	Choose two classes from different subject areas		
<input type="checkbox"/>	_____		3
<input type="checkbox"/>	_____		3
Arts & Humanities			
	Choose two classes from different subject areas		
<input type="checkbox"/>	_____		3
<input type="checkbox"/>	_____		3
Personal & Professional Behavior			
	Choose two classes		
<input type="checkbox"/>	_____		3
<input type="checkbox"/>	_____		3
<u>General Electives</u>			<u>9</u>
<input type="checkbox"/>	_____		3
<input type="checkbox"/>	_____		3
<input type="checkbox"/>	_____		3

General Electives can be found on page 53

General Education Requirements can be found on page 56