

## 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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**Recommended Course Sequence**

**SEM 1:** PED 118  
**SEM 2:** PED 114  
**SEM 3:** BIOL 130

**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>10</u>
<input type="checkbox"/>	BIOL 130 Anatomy & Physiology	5
<input type="checkbox"/>	PED 118 First Aid	2
<input type="checkbox"/>	PED 114 Basic Nutrition	3
<u>Pathway Requirements</u>		<u>44</u>
<b>Written Communication</b>		
<input type="checkbox"/>	ENGL 101 English Composition I	3
<input type="checkbox"/>	ENGL 102 English Composition II	3
<b>Verbal Communication</b>		
<input type="checkbox"/>	COMM101 Public Speaking	3
<b>Quantitative/Analytic Methods</b>		
<input type="checkbox"/>	MATH 120 Elementary Statistics	3
<b>Human Experience</b>		
	Choose one class	
<input type="checkbox"/>	_____	3
<b>Human Systems/No companion Elements</b>		
	Choose one class	
<input type="checkbox"/>	_____	3
<b>Human Systems/Diverse Perspectives</b>		
	Choose one class	
<input type="checkbox"/>	_____	3
<b>Human Systems/Social Responsibility</b>		
<input type="checkbox"/>	BUAD 205 Personal Finance	3
<input type="checkbox"/>	ECON 101 Issues in Today's Economy	3
<input type="checkbox"/>	PHIL 106 Ethics	3
<b>Natural World/Scientific Inquiry</b>		
<input type="checkbox"/>	BIOL 120 General Biology	5
<input type="checkbox"/>	CHEM 120 Intro to Chemistry	5
<b>Wellness Strategies/No Companion Elements</b>		
<input type="checkbox"/>	PED 116 Lifetime Fitness	1
<b>Wellness Strategies/Scientific Inquiry</b>		
<input type="checkbox"/>	PSYC 101 General Psychology	3
<u>General Education Electives</u>		<u>6</u>
Physical Education		
<input type="checkbox"/>	PED 103 Care & Prevention of Athletic Injuries	3
<input type="checkbox"/>	PED 110 Intro to Exercise Science	3

General Education Electives can be found on page 86.

Pathway Requirements can be found on page 88