

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: 62

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Recommended Course Sequence

- SEM 1:** PED 110
- SEM 2:** PED 105
- SEM 3:** PED 103, PED 115, PED 118
- SEM 4:** PED 115, PED 117

Student Organization

Health and Fitness Club

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.

Concentration Requirements **18**

- | | | | |
|--------------------------|---------|--|---|
| <input type="checkbox"/> | PED 103 | Care and Prevention of Athletic Injuries | 3 |
| <input type="checkbox"/> | PED 105 | Personal and Community Health | 3 |
| <input type="checkbox"/> | PED 110 | Introduction to Exercise Science | 3 |
| <input type="checkbox"/> | PED 114 | Basic Nutrition | 3 |
| <input type="checkbox"/> | PED 115 | Personal Training and Fitness Mang. | 3 |
| <input type="checkbox"/> | PED 117 | Training and Conditioning Lab I | 1 |
| <input type="checkbox"/> | PED 118 | First Aid | 2 |

General Education Requirements **44**

- | | | | |
|--------------------------|---|--------------------------|---|
| <input type="checkbox"/> | BIOL 120 | Biology or | |
| | BIOL 130 | Anatomy and Physiology | 5 |
| <input type="checkbox"/> | CHEM 124 | College Chemistry | 5 |
| <input type="checkbox"/> | COMM 101 | Public Speaking | 3 |
| <input type="checkbox"/> | ENGL 101 | English Composition I | 3 |
| <input type="checkbox"/> | ENGL 102 | English Composition II | 3 |
| <input type="checkbox"/> | MATH 115 | College Algebra | 3 |
| <input type="checkbox"/> | PED 116 | Lifetime Fitness | 1 |
| <input type="checkbox"/> | PSYC 101 | General Psychology | 3 |
| <input type="checkbox"/> | PSYC 201 | Developmental Psychology | 3 |
| | Humanities Electives | | 6 |
| <input type="checkbox"/> | _____ | | |
| <input type="checkbox"/> | _____ | | |
| | General Education Electives | | 6 |
| <input type="checkbox"/> | _____ | | |
| <input type="checkbox"/> | _____ | | |
| | Social and Behavioral Science Electives | | 3 |
| <input type="checkbox"/> | _____ | | |

Courses designated as Physical Science, Natural Science, Humanities, Social Behavioral and General Education electives can be found on page 82. Placement Tests or pre-requisites are required for English Composition I, Math courses and most General Education Electives. See page 31 for complete Placement information. All first-time, full-time students with fewer than 15 credit hours after high school graduation are required to enroll in the College Success Skills course during their first semester. Some courses are not offer each semester. Always make an appointment with your major advisor to enroll each semester.