

## EXERCISE SCIENCE ACADEMIC CURRICULUM MAP

An academic map is a suggested two-year schedule of courses based on degree requirements. This sample schedule serves as a general guideline to help build a full schedule each term. Milestones, courses, and special requirements necessary for timely progress to complete a major are designated to keep you on track to graduate in two years.

**This map is not a substitute for academic advisement**—contact your advisor if you have any questions about scheduling or about your degree requirements. Also see the current academic catalog for a complete list of requirements and electives. Note: Requirements are continually under revision, and there is no guarantee they will not be changed or revoked; contact an advisor, the department and/or program area for current information.

First Year					
First Semester			Second Semester		
Course	Credit Hours	Notes	Course	Credit Hours	Notes
English 010 ENGL 101 or ENGL 103	3		English 010 ENGL 102	3	
Communication 020	3		Natural & Physical Sciences 040	5	
Math & Statistics 030 MATH 115 or MATH 114	3		Arts & Humanities 060	3	
Arts & Humanities 060	3		PED 114 Basic Nutrition	3	
PED 110 Intro to Exercise Science	3		PED 118 First Aid and CPR	2	
Total Hours	15		Total Hours	16	
Second Year					
First Semester			Second Semester		
Course	Credit Hours	Notes	Course	Credit Hours	Notes
Social and Behavioral Science 050	3		Social and Behavioral Science 050	3	
Personal & Professional Behavior 070	3		Personal & Professional Behavior 070	3	
PED 103 Care & Prevention of Athletic Injuries	3		General Elective	3	
BIOL 130 Anatomy & Physiology	5		General Elective	3	
			General Elective	3	
Total Hours	14		Total Hours	15	

**You may choose to attend a summer term to reduce your load during fall or spring terms but still stay on track to graduate in two years. NOTE: Learning Support courses will alter the sequences on this map.**

**Systemwide General Education Key:**

010 English                      020 Communication                      030 Math & Statistics                      040 Natural & Physical Sciences  
050 Social & Behavioral Sciences                      060 Arts & Humanities                      070 Personal & Professional Behavior

General Electives can be found on page 53  
Statewide General Education Requirements can be found on page 56

## 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>
<b>English</b>		
<input type="checkbox"/>	ENGL 101 English Composition I	or
	ENGL 103 English Composition I with Review	3
<input type="checkbox"/>	ENGL 102 English Composition II	3
<b>Communication</b>		
Choose one class		
<input type="checkbox"/>	_____	3
<b>Math &amp; Statistics</b>		
<input type="checkbox"/>	MATH 115 College Algebra	or
	MATH 114 College Algebra with Review	3
<b>Natural &amp; Physical Science</b>		
Choose one class		
<input type="checkbox"/>	_____	5
<b>Social &amp; Behavioral Sciences</b>		
Choose two classes from different subject areas		
<input type="checkbox"/>	_____	3
<input type="checkbox"/>	_____	3
<b>Arts &amp; Humanities</b>		
Choose two classes from different subject areas		
<input type="checkbox"/>	_____	3
<input type="checkbox"/>	_____	3
<b>Personal &amp; Professional Behavior</b>		
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  
Statewide General Education Requirements can be found on page 56