

Program Information

The Associate of Science Exercise Science Degree will allow students with an interest in physical fitness and exercise performance to develop a scientific understanding of the body's response to exercise. Students will develop the ability to assess and analyze human movement, and will have the knowledge to prescribe exercise to a various populations and provide instruction on proper mechanics and techniques of movement. Areas of study include first aid and CPR, nutrition, wellness, weight training and conditioning, prevention and care of injuries, kinesiology, exercise physiology, and fitness testing and exercise prescription.

Program Goals

By completing this program, students will achieve the following learning goals:

1. Demonstrate knowledge of the major components of physical fitness;
2. Describe the roles and functions of the musculoskeletal, cardiorespiratory, and nervous systems in the performance of physical movement;
3. Describe and demonstrate assessment techniques and methods for cardiovascular and muscular strength and endurance;
4. Demonstrate ability to design and modify exercise training programs; and
5. Demonstrate ability to identify and assess factors to support optimal performance and injury prevention.

Developmental Courses

Some students may need preparatory courses in the areas of English, mathematics or reading. Courses numbered below 1000 will not apply toward this degree.

Completion Requirements

- A minimum of 60 semester credits in courses numbered 1000 or above.
- A minimum cumulative grade point average (GPA) of 2.0 in courses numbered 1000 or above at ARCC.
- Satisfy residency requirements. See page 27.
- A minimum grade of C must be earned in all program requirements.
- Completion of specific degree requirements.
- To receive your diploma, you must apply to graduate.
- The requirements of this program are subject to change without notice.

Program Requirements: 24 credits

☐ HPER 1103	First Aid and CPR	3
☐ HPER 1112	Nutrition	3
☐ HPER 1120	Wellness for Life.	4
☐ HPER 1160*	Weight Training and Conditioning.....	0
☐ HPER 1200	Anatomy of Movement.....	2
☐ HPER 1205	Introduction to Exercise Science	2
☐ HPER 2205	Prevention and Care of Athletic Injuries	2
☐ HPER 2206	Exercise Physiology.....	4
☐ HPER 2207♦**	Fitness Testing and Exercise Prescription	2
☐ HPER 2208^	Concepts in Personal Training.....	2

*HPER 1160 is taken in conjunction with HPER 1120 and will count into the four credits for that class.

**HPER 1200 is a prerequisite for HPER 2207.

♦ Course has prerequisite - see course schedule or catalog description.

^ Course requires Instructor permission.

General Education/MnTC Requirements: 36 credits

Complete at least 36 credits in courses from the Minnesota Transfer Curriculum (MnTC), including all courses listed. You must complete at least one course in six of the ten goal areas. One course may satisfy more than one goal area, but the course credits may be counted only once.

- ☐ 1. Communication
 - ☐ ENGL 1120♦ **OR** ENGL 1121♦ 4
 - ☐ CMST 2215 3
- ☐ 2. Critical Thinking
 - ☐ Choose a minimum of one course other than ENGL 1120/1121 and CMST 2215 2
- ☐ 3. Natural Science
 - ☐ BIOL 1106 4
 - ☐ CHEM 1020♦ or CHEM 1061♦ 4
 - ☐ BIOL 2113♦ 4
 - ☐ BIOL 2114♦ 4
- ☐ 4. Mathematical/Logical Reasoning
 - ☐ MATH 1114♦ 4
- ☐ 5. History/Social/Behavioral Sciences
 - ☐ PSYC 1110 4
 - ☐ Choose one course from A or C 3
- ☐ 6. Humanities/Fine Arts
- ☐ 7. Human Diversity
 - ☐ Addressed with PSYC 1110
- ☐ 8. Global Perspective
- ☐ 9. Ethical/Civic Responsibility
- ☐ 10. People and the Environment

Program Sequence:

The sequence that follows is suggested for full-time students. Part-time students will need more time to complete this program.

	Fall Semester	Spring Semester
1st YEAR	CHEM 1020 or 1061 4	BIOL 1106 4
	ENGL 1120/1121 4	HPER 1103 3
	HPER 1200 2	HPER 1120/1160 4
	HPER 1205 2	PSYC 1110 4
	Goal Area 5 elective .. 3	
	TOTAL 15	TOTAL 15
	Fall Semester	Spring Semester
2nd YEAR	BIOL 2113 4	BIOL 2114 4
	HPER 1112 3	CMST 2215 3
	HPER 2205 2	HPER 2207 2
	HPER 2206 4	HPER 2208 2
	Goal Area 2 elective .. 2	MATH 1114 4
	TOTAL 15	TOTAL 15