

Name: _____

ID#: _____

Date: _____

Associates in Science in Exercise Science 2022-2023

NOTE: This associate's degree program is not sufficient for a student to sit for and pass on of the nationally-recognized certifications that are commonly required for anything above an entry-level position in a related industry. In contrast, it is designed to prepare students for transition to Marian's Bachelors in Exercise Science Program or possibly a similar program at another university.

A minimum of 64 credit hours is required for this degree.

Students should take a minimum of 16 college level credit hours per semester to complete requirements in four semesters.

GENERAL EDUCATION (31 Credit Hours)

_____ FYS110 First Year Seminar 3

Faith, Reason, & Ethics (6 credits)

_____ PHL130 Human Nature & Person 3

_____ THL105 Intro to Theology 3

Problem Solving (7 credits)

_____ STA205 Elementary Applied Statistics 0

Fulfilled & counted in core reqs.

_____ Science course w/lab 4

CHE140/141L suggested for biology specialization.

Choose one course from:

_____ ECN200 Elementary Economics 3

_____ HIS100 Civics & Democratic Engage 3

Communication (6 credits)

_____ ENG112 Writing & Comm 3

_____ COM101 Public Speaking 3

Cultural & Global Awareness (6 credits)

_____ GLS101 Global Perspectives 3

_____ HUM210 Meaning Through Culture 3

Health & Wellbeing (3 credits)

Choose one course from:

_____ PSY101 General Psychology 3

_____ PSY220 Human Growth & Develop 3

_____ SOC101 Introduction to Sociology 3

Total Earned General Education Hours _____

Additional Courses

Total Earned Elective Hours _____

MAJOR REQUIREMENTS (34 Credit Hours)

Core Courses (12 credits)

_____ ESS120 Biophysical Values of Activi 3

_____ ESS270 Nutritional Prin for Spr & Ex 3

_____ PSY340 Sports Psychology 3

_____ STA205 Elementary Applied Statistic 3

SPECIALIZATION REQUIREMENTS - *Select One*

Exercise Science (22 credits)

_____ BIO225 Human Anatomy 5

_____ BIO226 General Human Physiology 5

_____ CHE140/141I General Chemistry I w/Lab 4

_____ CHE142/143I General Chemistry II w/Lab 4

Additional 4 credits from BIO, CHE, ESS, PBH, PSY

Total Earned Major Hours _____

Nutrition, Fitness, & Wellness (22 credits)

_____ BIO226 General Human Physiology 5

_____ ESS236 Basic Human Nutrition 3

Choose one course from:

_____ CHE100/108I Elementary Chemistry w/Lab 4-5

_____ CHE140/141I General Chemistry I w/Lab 4-5

Additional 9-10 credits from BIO, CHE, ESS, PBH, PSY

Sports Performance (22 credits)

Choose one course from:

_____ CHE100/108I Elementary Chemistry w/Lab 4-5

_____ CHE140/141I General Chemistry I w/Lab 4-5

Choose one course from:

_____ BIO225 Human Anatomy 3-5

_____ ESS236 Basic Human Nutrition 3-5

_____ ESS265 Structural Anatomy 3-5

Additional 9-12 credits from BIO, CHE, ESS, PBH, PSY

TOTAL OVERALL EARNED HOURS _____