

EXERCISE SCIENCE

This degree program is designed to prepare students for a variety of careers including education, physical therapy, coaching, personal training and other allied health professions by providing classes oriented toward fitness, wellness and health promotion throughout the lifespan. The major also provides preparation for transfer to a four-year college in physical education, exercise physiology, kinesiology, nutrition or athletic training, as well as teacher credentialing programs.

Program Learning Outcomes

Upon successful completion of this program, students will be able to:

- List and define the five basic components of physical fitness.
- Describe the concepts of frequency, intensity and time, and how they relate to personal fitness goals.
- Outline a basic strategy for achieving fitness through the lifespan.
- List options within the community for continued lifelong physical activity.
- List benefits of daily physical activity.
- Demonstrate competence in acquiring sound nutritional information.
- Demonstrate improvement in sport skills.
- Outline appropriate goals and activities for increasing the fitness of children.
- Describe appropriate preventive measures as well as treatments for various sport injuries.
- List and describe opportunities for employment in the field.
- Describe their field of interest and a course of instruction that will meet their professional needs.

CAREER OPPORTUNITIES

- Aerobics Instructor
- Athletics Coach
- *Athletics Trainer
- *Cardiovascular Rehabilitation
- *College Professor
- *Elementary School Teacher
- *Exercise Physiologist
- *Health Club Manager
- Personal Trainer
- *Physical Therapist/ Assistant
- *Registered Dietician
- *Secondary School Teacher
- *Teaching
- *Bachelor Degree or higher required

Associate in Science Degree Requirements:

Course	Title	Units
BIO 130	General Biology I	3
BIO 131	General Biology I Laboratory	1
BIO 140	Human Anatomy	5
CHEM 115	Fundamentals of Chemistry	4
COMM 122	Public Speaking	3
ES 014ABC	Body Building	1.5
ES 250	Introduction to Kinesiology	3
ES 255	Care and Prevention of Athletic Injuries	3
HED 158	Nutrition for Fitness and Sports	3
or		
HED 255*	Science of Nutrition	3
PSY 120	Introductory Psychology	3
SOC 120	Introductory Sociology	3
		32.5

Select one of the following:

BIO 215	Statistics for Life Sciences	3
MATH 160	Elementary Statistics	4
PSY 215	Statistics for the Behavioral Sciences	3
		3-4

Select two of the following (fulfills the activity requirement for the associate degree):

ES 001	Adapted Physical Exercise	1
ES 009ABC	Aerobic Dance Exercise	1
ES 019ABC	Physical Fitness	1.5
ES 060ABC	Badminton	1
ES 076ABC	Tennis	1
ES 125ABC	Golf	1-1.5
ES 155ABC	Basketball	1
ES 170ABC	Soccer	1
ES 171ABC	Softball	1
ES 175ABC	Volleyball	1
		2-3
Total Required		37.5-39.5
Plus General Education Requirements		

*Students planning to transfer to SDSU must take HED 255.

CERTIFICATE OF SPECIALIZATION:

RECREATIONAL LEADERSHIP–SCHOOL-BASED PROGRAMS

This certificate offers specific training for entry-level positions or for advancement in child care and outdoor programs for children and families. It is designed to demonstrate an area of expertise that may be used to attain employment in areas of school-based recreation and fitness programs.

Program Learning Outcomes

Upon successful completion of this certificate, students will be able to:

- Describe and or demonstrate an hour of cooperative activity for children.
- Describe how principles learned in class may be applied to improve cardiovascular endurance, muscle strength, muscle endurance, and flexibility and body composition, (the five basic components of fitness) in children using walking as a primary conditioning activity.
- Investigate and list causes and risk factor associated with childhood obesity.
- Describe and prepare appropriate snacks for children.
- Demonstrate appropriate classroom organizational and management techniques.
- Demonstrate the ability to plan school-based recreational programs which deliberately intend to advance, stimulate or otherwise enhance children's physical, emotional and social development in ways which are appropriate to their developmental level.
- Describe tested and proven teaching approaches to analyze and enhance movement competencies.

Career Opportunities

Students may find positions in an elementary or middle school, YMCA, recreation center, day or residential camp, or after school day care program. This is a great "stepping-stone" training for those who want to major in exercise science, recreation, elementary education or child development. Provides students with the expertise to enter the entry-level job market with knowledge of sound principles of fitness and developmentally appropriate recreation.

Students who complete the requirements below and hold a current First Aid/CPR certification qualify for a Certificate in Recreational Leadership–School-Based Programs. An official request must be filed with the Admissions and Records Office prior to the deadline as stated in the Academic Calendar.

Certificate Requirements:

Course	Title	Units
CD 125	Child Growth and Development	3
CD 134	Health, Safety and Nutrition of Young Children	3
ES 253	Physical Education in Elementary Schools	3
ES 270	Cooperative Games	1
ES 271	Fitness Walking with Children	1
ES 272	Issues in Childhood Obesity	1
ES 273	Field Experience in School-Based Recreational Leadership	1
Total Required		13