Department:

Physical Education

Program Description:

Exercise Science is a transfer program for students interested in a career that promotes fitness and health through physical exercise. This curriculum is suggested for those intending to complete an associate in science degree at HCC and then transfer to another institution to pursue a bachelor’s degree. Employment opportunities include positions in fitness or wellness centers, cardiac rehabilitation units, recreation centers or programs, natatoriums, athletic training, sports medicine, coaching, and teaching.

Suggested Courses:

Basic Skills (15 credits)
- ENG 101 College English I
- ENG 102 College English II
- SP 106 Public Speaking
- MAT 104 College Algebra
- PE 106 Lifetime Fitness
- COL 103 College Success and Orientation
- Computer Literacy Elective*

Humanities and Fine Arts (6 credits)
- Electives*

Social and Behavioral Sciences (6 credits)
- Electives*

Mathematics and Sciences (20 credits)
- BS 101 College Biology
- BS 104 Human Anatomy
- BS 105 Human Physiology
- Electives*

Program Courses (16 credits)
- BS 110 Nutrition
- PE 112 Personal and Community Health
- PE 113 First Aid and Safety
- PE 151 Clinical Experience in Athletic Training I
- PE 224 Care and Prevention of Athletic Injuries
- PE 250 Exercise Physiology

To see a course description and syllabus, click here.
To search for a class to see when it is scheduled, click here.
*See Degree Planning Sheet for Associate in Science.