

**Highland Community College Suggested Program of Study
Exercise Science (Associate in Science)**

The Exercise Science program is designed to prepare individuals for a bachelor's degree and careers in exercise physiology, recreation, fitness-wellness, cardiac-rehabilitation, athletic training, sports medicine, aquatics management, physical therapy, and for coaching and teaching positions.

Course Number	Course Name	Credit Hour
<u>Basic Skills</u>		
COL 103	College Success and Orientation	1
ENG 101	College English I	3
ENG 102	College English II	3
MAT 104	College Algebra	3
PE 139	Lifetime Fitness	2
SP 106	Public Speaking	3
	Computer Literacy Elective	1
<u>Humanities</u>		
	Humanities Elective	3
	Humanities Elective	3
<u>Social & Behavioral Science</u>		
	Social Science Elective	3
	Social Science Elective	3
<u>Mathematics or Science</u>		
BS 101	Biology	5
BS 104	Human Anatomy	4
BS 105	Human Physiology	4
MAT 203	Basic Statistics	3
PS 107	General Chemistry	5
<u>Electives</u>		
BS 109	Medical Terminology	3
BS 110	Nutrition	3
PE 112	Personal & Community Health	3
PE 113	First Aid and Safety	3
PE 224	Care & Prevention of Athletic Injuries	3
PE 250	Exercise Physiology	3

Potential Employment Applications of Degree

The Exercise Science program provides beginning education and training for positions in fitness, cardiac-rehabilitation, athletic training, teaching, coaching, natatorium/wellness center director, and wellness promotion.