

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](#).