

Pathway: Health Sciences & Wellness

Associate of Science, Exercise Science

The Exercise Science program is concerned with the many aspects of human movement and its application to physical activity and the quality of one's life. This program is suggested for students who are interested in a career in exercise science, sports medicine, athletic training, physical therapy, occupational therapy, personal training or related fields.

Students complete coursework that provides a solid knowledge base of human anatomy, physiology, chemistry, and health. All students must complete the general education core and the Exercise Science core courses. Students should carefully study the specific requirements of the institutions to which they plan to transfer. Based on student transfer needs, course substitutions are possible; however, the degree requirements must be met. Please speak with an Exercise Science advisor or faculty member to finalize your program of study.

Upon completion of all coursework the student would have an Associate of Science degree in Exercise Science and it intended for transfer. The program offers sound research based foundation and practical applications. While students must earn a Bachelor's degree, many of the professional fields to which this degree leads require a master's degree or beyond.

Contact Information

Contact information is available on the [Exercise Science](#) program website.

Competencies

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

1. Correlate the structures of the human body with their functions.
2. Discuss the relationships among physical activity, health, and nutrition.
3. Describe methods of injury prevention.
4. Evaluate physical activity skills.
5. Apply Exercise Science principles to maintain and enhance health throughout the human lifespan.
6. Teach physical activity skills across the human lifespan.

Map your individual academic plan of courses with your College Advisor.

Students may need to take prerequisite courses before beginning college level math and English courses or moving through a program's course sequence. Check the [Course Descriptions](#) section of the catalog to see the course prerequisites. Students should work with their advising team on determining prerequisite requirements.

Certain courses may only be offered in Fall or Spring semester. Students who are part time or have unique circumstances should work with their Academic Advisors to develop their customized academic plan.

If students choose to transition to another program within the Health Sciences & Wellness pathway, they should be particularly aware of the choice points that indicate when a decision to branch off into another program must be made to ensure credits and time are not lost.

Coursework common to all degrees within this pathway is indicated by the ✓ in the Common Academic Coursework (CAC) column below.

First Semester

Gen Ed	CAC	Course code	Course name	Credits	Milestones and Choice Points
WC	✓	ENGL 1010	English I: Composition	3	Milestone- Completion of ENGL 1010 and MATH 1400 as prerequisites for other courses. Choice Point- KIN 1100 provides overview of various careers in the field of Exercise Science.
QL	✓	MATH 1400	College Algebra	3	
SS	✓	STRT 1000	Strategies for Success	3	
		KIN 1100	Kinesiology: The Study of Human Movement	3	Milestone- Students begin development of their professional portfolio during this semester and continue throughout the program.
		HLED 1221	Standard First Aid & Safety	2	
			Semester Total:	14	



Second Semester

Gen Ed	CAC	Course code	Course name	Credits	Milestones and Choice Points
		HOEC 1140	Nutrition	2	Milestone- Completion of the first class for the personal trainer certification. Students who complete with a C or better can sit for the certification exam.
		HLTK 1210	Human Body Systems	3	
		KIN 2135	Personal Trainer Education	3	
NSL		BIO 1010	General Biology	4	
NSP		CHEM 1000 OR CHEM 1020	Introductory Chemistry General Chemistry I	4	
			Semester Total:	16	

Third Semester

Gen Ed	CAC	Course code	Course name	Credits	Milestones and Choice Points
		KIN 2470	Exercise Science Practicum I	1	
		EDST 2420	Human Life Span Development	3	
		ZOO 2010	Anatomy & Physiology I	4	
OC	✓	COMM 2010	Public Speaking	3	
HC		PSYC 1000	General Psychology	3	
HSI	✓		Choose an approved U.S./ Wyoming Constitution course	3	
			Semester Total:	17	

Fourth Semester

Gen Ed	CAC	Course code	Course name	Credits	Milestones and Choice Points
		PEPR 2050	Prevention & Care of Athletic Injuries	2	Milestone- Completion of the LCCC general education core and eligible for the Interstate Passport.
		KIN 2471	Exercise Science Practicum II	1	
		HLED 1006	Personal Health	3	Milestone- Exercise Science internship completed within student-selected sub-discipline of interest.
		ZOO 2020	Anatomy & Physiology II	4	
CE		THEA 1100	Beginning Acting	3	Milestone- Completion of AS degree in Exercise Science.
		KIN 2450	Exercise Science Internship	1	
PS		SOC 1000	Sociological Principles	3	
			Semester Total:	17	

Program credit hour total	64
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Program Comments

The information below is intended to be a guide, and does not guarantee regional job placement, job availability, or a specific wage after completion of the program.

The AS in Exercise Science is intended for students who are wishing to transfer to a university and obtain a Bachelor's or Master's degree. Most of the potential careers listed below require a student to transfer and continue their education at the next level. Potential careers include exercise science, sports medicine, physical therapy, athletic training, physical education teacher education (PETE) or occupational therapy.

Additional information on careers in Exercise Science is available through [Career Coach](#).

Transfer Information

The AS Exercise Science degree is well suited for transfer to a Bachelor degree program. LCCC courses may transfer to institutions in addition to those with formal articulation agreements. Students are strongly encouraged to determine the degree requirements and transfer policy of the specific college/university and program to which they plan to transfer.