

A.A. in Health and Exercise Sciences

B.S in Exercise Science

YEAR 1: Frederick Community College

FALL	SU EQUIVALENT	CREDITS	SPRING	SU EQUIVALENT	CREDITS
ENGL 101 English Composition	ENGL 103	3	BSCI 201 Anatomy & Physiology I	BIOL 215	4
MATH XXX Mathematics Gen Ed	MATH XXX	3	PHED 165 Fitness for Living	FTWL 106	3
PSYC 101 General Psychology	PSYC 101	3	XXX XXX Arts Gen Ed	ART XXX	3
BSCI 150 Principles of Biology I*	BIOL SCL	4	XXX XXX Humanities Gen Ed	XXXX XXX	3
PHED 170 Intro to Health and Exercise	PHEC ELE	3	PHED 152 and 150	PHEC ELE	2
TOTAL CREDITS		16	TOTAL CREDITS		15

YEAR 2: Frederick Community College

FALL	SU EQUIVALENT	CREDITS	SPRING	SU EQUIVALENT	CREDITS
BSCI 202 Anatomy & Physiology II	BIOL 216	4	HIST 102 History of Western Civilization	HIST 102	3
HLTH 150 Health Education	HLTH ELE	3	HLTH 110 CPR/AED and First Aid*	PHEC ELE	1
NUTR 102 or 200	HLTH ELE or BIOL 217	3	PHED 180 Care and Prevention of Athletic Injuries*	EXSC 213	3
HIST 101 History of Western Civilization	HIST 101	3	PHED XXX Concentration Elective	PHEC ELE	9
ENGL 102 English Composition and Literature	ENGL 102	3			
TOTAL CREDITS		16	TOTAL CREDITS		16

YEAR 3: SALISBURY UNIVERSITY

FALL	CREDITS	SPRING	CREDITS
EXSC 344 Exercise Physiology	4	EXSC 462 Clinical Exercise Physiology	4
EXSC 317 Nutrition, Health and Human Performance	4	EXSC 301 or HLTH 325 Planning and Assessing Health Programs	3/4
EXSC 300 Health and Fitness Programs and Professions	4	EXSC 333 Kinesiology	4
		EXSC Elective	4
TOTAL CREDITS	12	TOTAL CREDITS	15

YEAR 4: SALISBURY UNIVERSITY

FALL	CREDITS	SPRING	CREDITS
EXSC 472 Stress Testing and Exercise Prescription	4	EXSC 479 Exercise Science Internship	10
EXSC 490 or HLTH 450 U.S. Healthcare and Public Health	4	EXSC 480 Exercise Science Seminar	2
HLTH 311 Human Sexuality	4		
TOTAL CREDITS	12	TOTAL CREDITS	12

GENERAL:

Exercise Science primes students to work in the health/fitness industry as personal trainers, strength and conditioning coaches, fitness instructors and wellness program directors. Students wishing to pursue careers in allied health fields may elect to complete additional courses in preparation for graduate education in exercise science or other pre-professional health-related disciplines such as physical therapy, physician assistants, occupational therapy and medicine.

COMMUNITY COLLEGE NOTES:

*If student is interested in PT, OT, PA they should take a Chemistry or Physics instead of BSCI 150.

*HLTH 110 & PHED 180 will transfer as EXSC 213.

SALISBURY NOTES:

****The summer prior to attending Salisbury University, students will need to complete EXSC 240 Fitness Testing, EXSC 250 Strength Training Techniques and EXSC 295 Fitness Instruction for a total of 12 credits.**