

A.S. Exercise Science

B.S. Exercise Science

## YEAR 1: Montgomery College

FALL	SU EQUIVALENT	CREDITS	SPRING	SU EQUIVALENT	CREDITS
ENGL 101 Introduction to College Writing	ENGL ELE (IA)	3	ENGL 102 Critical Reading, Writing, and Research	ENGL 103 (IB)	3
BIOL 150 Principles of Biology I*	BIOL SCL (IVA)	4	MATH 117 Statistics	MATH 155 (IVC)	3
PHED 228 Group Fitness Instructor Training	EXSC 295	3	PHED 206	FTWL 106 (V)	3
HLTH 220 Emergency Medical Responder**	EXSC 213	3	HLTH 160 The Science and Theory of Health	HLTH 110	3
HIST 116 World History	HIST 101 (IIA)	3	HLTH 225 Introduction to Human Behaviors	HLTH 225	3
PHED 166 Personal Fitness I	PHEC ELE	1			
<b>TOTAL CREDITS</b>		<b>17</b>	<b>TOTAL CREDITS</b>		<b>15</b>

## YEAR 2: Montgomery College

FALL	SU EQUIVALENT	CREDITS	SPRING	SU EQUIVALENT	CREDITS
BIOL 212 Human Anatomy and Physiology II	BIOL 215 (IVA)	4	BIOL 213 Human Anatomy and Physiology II	BIOL 213 (IVB)	4
COMM 108 Foundations of Human Communication	CMAT 100 (IIIC)	3	PHED 240 Personal Training Techniques	PHEC ELE	3
PHED 230 Advanced Weight Training: Theory and Program Design	EXSC 250	3	PHED 250 Prevention and Management of Exercise Injuries	EXSC 213	3
PHED 237 Fitness Assessment and Programming	EXSC 240	3	SOCY 100 Introduction to Sociology	SOCI 101 (IIB)	3
PSYC 102 General Psychology	PSYC 101 (IIIB)	3	ARTT XXX Art Elective	GENE HUM (IIIA)	3
			HLTH 131 Drugs and Lifestyle Wellness	HLTH 240	3
<b>TOTAL CREDITS</b>		<b>16</b>	<b>TOTAL CREDITS</b>		<b>19</b>

## 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	HLTH 325 Planning and Assessing Health Programs	4
GENE SCL or HUM	3	EXSC 333 Kinesiology	4
EXSC 300 Health and Fitness Programs and Professions	4		
<b>TOTAL CREDITS</b>	<b>15</b>	<b>TOTAL CREDITS</b>	<b>12</b>

## YEAR 4: SALISBURY UNIVERSITY

FALL	CREDITS	SPRING	CREDITS
HLTH 311 Human Sexuality Education	4	EXSC 479 Internship in Exercise Science	10
HLTH 401 Community Health	4	EXSC 480 Exercise Science Seminar	2
EXSC 472 Stress Testing and Exercise Prescription	4		
EXSC 490 Selected Topics in Exercise Science	4		
<b>TOTAL CREDITS</b>	<b>16</b>	<b>TOTAL CREDITS</b>	<b>12</b>

### 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:

### SALISBURY NOTES:

\*BIOL 150 will satisfy SU's IVA

\*\*HLTH 220 in combination with PHED 250 at MC fulfills EXSC 213 for SU.