

ASSOCIATE IN APPLIED SCIENCE

EXERCISE SCIENCE

(62.75 hrs. min.)

CIP: 31.0501

School of Health and Sciences, (505) 428-1722

This program provides students with the foundational knowledge and skills required of fitness professionals. Successful completion of course work prepares students to take national-level certification exams offered by the ACSM (American College of Sports Medicine), NSCA (National Strength and Conditioning Association) and ACE (American Council on Exercise). If students wish to transfer, they must work closely with their transfer institutions and their SFCC advisers to ensure smooth transitions to four-year schools. This degree program is currently endorsed by the ACSM.

NOTE: A.A.S. degrees are designed to prepare students for entry-level positions in specific occupations; they are not generally intended to transfer to four-year institutions. For more information on transfer, please refer to Page 34 of this catalog, or speak with an academic adviser.

PROGRAM OUTCOMES

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

- Demonstrate knowledge and skills to safely structure and administer basic field and laboratory tests to assess the various components of physical fitness, interpret the results and communicate the results to the testing subjects (clients).
- Identify areas of health and injury risks of potential clients and modify exercise and testing guidelines accordingly.
- Develop an exercise program that is safe, time-efficient and progressive.
- Identify basic bones as well as muscular structure and function.
- Understand basic elements of anatomy and physiology.
- Recognize physical responses and adaptations to acute and chronic exercise.
- Administer first responder care.
- Apply principles of behavior modification to help clients with stress management, weight management, smoking cessation and exercise adherence.
- Apply principles of marketing, business management skills.
- Demonstrate knowledge of the basic principles of nutrition, including functions, interactions and human requirements of micro- and macronutrients.
- Demonstrate knowledge of the effects of exercise on nutritional requirements. Demonstrate an understanding of the efficacy and risks of various ergogenic aids.

GENERAL EDUCATION REQUIREMENTS: (28 HRS. MIN.)

Communications (9 hrs.)

- ENGL 111 Composition and Rhetoric (3)
ENGL 119 Professional Communication (3)
[or]
ENGL 216 Technical Writing (3)
SPCH 111 Public Speaking (3)
[or]
SPCH 220 Interpersonal Communication (3)
[or]
SPCH 225 Small-Group Communication (3)

Math (3 hrs. min.)

MATH 119 Applications of Mathematics for Nonscience Majors (3)

[or]

MATH 121 College Algebra (4)

Science (4 hrs.)

BIOL 136 Non-Majors Anatomy and Physiology (3)

BIOL 136L Non-Majors Anatomy and Physiology Lab (1)

Social/Behavioral Sciences (3 hrs.)**Humanities and Fine Arts (3 hrs.)****Computers/Technology (4 hrs.)**

OFTC 111 Business Software Essentials I (4)

Health, Physical Education and Recreation (HPER) or Dance (2 hrs. min.)

Credits must be earned in different activities. (See your adviser for information.)

CORE REQUIREMENTS: (29.25 HRS.)

EMSI 151L Basic Life Support – CPR (.25) [or current CPR certificate]

EXSC 116 Legal and Professional Responsibilities/Marketing (1)

EXSC 200 Exercise Physiology (3)

EXSC 201 Human Movement (4)

EXSC 202 Instruction in Lifestyle Change (3)

EXSC 210 Prevention and Care of Exercise Injury (3)

EXSC 220 Fitness and Exercise Testing (3)

EXSC 230 Physical Fitness Theory and Instruction (3)

EXSC 293L Practicum (1) [Must be taken twice to fulfill degree requirements.]

EXSC 298 Internship (1)

NUTR 200 Nutrition (3)

NUTR 230 Nutrition for Fitness and Sports (3)

APPROVED ELECTIVES: (3.5 HRS.)

Choose from the following:

EXSC 120 Instructional Methods: Pilates (.5)

EXSC 122 Instructional Methods: Youth Fitness (.5)

EXSC 123 Instructional Methods: Fitness Cycling (.5)

EXSC 124 Instructional Methods: Senior Fitness (.5)

EXSC 126 Instructional Methods: Personal Training (1)

EXSC 127 Instructional Methods: Certification Review (.5)

EXSC 128 Instructional Methods: ACSM HFI Review (1)

EXSC 129 Instructional Methods: Group Exercise (1)

EXSC 132 Instructional Methods: Alternative Strength Training (.5)

EXSC 133 Instructional Methods: Training Techniques Review (.5)

EXSC 134 Instructional Methods: Outdoor Applications (.5)

EXSC 135 Instructional Methods: Introduction to the NIA Technique (.5)

NOTE: See “College Success Course Requirement” on Page 10.

TOTAL 62.75 CREDITS MIN.