

EXERCISE SCIENCE ASSOCIATE IN SCIENCE



This degree program is designed to prepare students for a variety of careers including education, physical therapy, coaching, personal training and other allied health professions by providing classes oriented toward fitness, wellness and health promotion throughout the lifespan. The major also provides preparation for transfer to a four-year college in physical education, exercise physiology, kinesiology, nutrition or athletic training, as well as teacher credentialing programs.

Program Learning Outcomes

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

- List and define the five basic components of physical fitness.
- Describe the concepts of frequency, intensity and time, and how they relate to personal fitness goals.
- Outline a basic strategy for achieving fitness through the lifespan.
- List options within the community for continued lifelong physical activity.
- List benefits of daily physical activity.
- Demonstrate competence in acquiring sound nutritional information.
- Demonstrate improvement in sport skills.
- Outline appropriate goals and activities for increasing the fitness of children.
- Describe appropriate preventive measures as well as treatments for various sport injuries.
- List and describe opportunities for employment in the field.
- Describe their field of interest and a course of instruction that will meet their professional needs.

Career Opportunities

Aerobics Instructor
 Athletics Coach
 Athletics Trainer¹
 Cardiovascular Rehabilitation¹
 College Professor¹
 Elementary School Teacher¹
 Exercise Physiologist¹
 Health Club Manager¹
 Personal Trainer
 Physical Therapist/ Assistant¹
 Registered Dietician¹
 Secondary School Teacher¹
 Teaching¹

¹ Bachelor Degree or higher required.

Associate in Science Degree Requirements

Code	Title	Units
BIO-130	General Biology I	3
BIO-131	General Biology I Laboratory	1
BIO-140	Human Anatomy	4
COMM-122	Public Speaking	3
ES-250	Introduction to Kinesiology	3
ES-255	Care and Prevention of Athletic and Recreational Injuries	3
PSY-120	Introductory Psychology	3
SOC-120	Introductory Sociology	3
Select one of the following:		4-5
CHEM-102	Introduction to General, Organic and Biological Chemistry	
CHEM-115	Fundamentals of Chemistry	
CHEM-120	Preparation for General Chemistry	
CHEM-141	General Chemistry I	
Select one of the following:		1.5
ES-014A	Beginning Body Building	
ES-014B	Intermediate Body Building	
ES-014C	Advanced Body Building	
ES-019A	Beginning Physical Fitness	
ES-019B	Intermediate Physical Fitness	
ES-019C	Advanced Physical Fitness	
Select one of the following:		3
NUTR-158	Nutrition for Fitness and Sports	
NUTR-255	Science of Nutrition ¹	
Select one of the following:		3-4
BIO-215	Statistics for Life Sciences	
MATH-160	Elementary Statistics	
PSY-215	Statistics for the Behavioral Sciences	
Select two of the following (fulfills the activity requirement for the associate degree):		2-3
ES-001	Adapted Physical Exercise	
ES-009A	Beginning Aerobic Dance Exercise	
ES-009B	Intermediate Aerobic Dance Exercise	
ES-009C	Advanced Aerobic Dance Exercise	
ES-019A	Beginning Physical Fitness	
ES-019B	Intermediate Physical Fitness	
ES-019C	Advanced Physical Fitness	
ES-028A	Beginning Yoga	
ES-028B	Intermediate Yoga	
ES-028C	Advanced Yoga	
ES-060A	Beginning Badminton	
ES-060B	Intermediate Badminton	
ES-060C	Advanced Badminton	
ES-076A	Beginning Tennis	
ES-076B	Intermediate Tennis	
ES-076C	Advanced Tennis	
ES-125A	Beginning Golf	
ES-125B	Intermediate Golf	

ES-125C	Advanced Golf
ES-155A	Beginning Basketball
ES-155B	Intermediate Basketball
ES-155C	Advanced Basketball
ES-170A	Beginning Soccer
ES-170B	Intermediate Soccer
ES-170C	Advanced Soccer
ES-171A	Beginning Softball
ES-171B	Intermediate Softball
ES-171C	Advanced Softball
ES-175A	Beginning Volleyball
ES-175B	Intermediate Volleyball
ES-175C	Advanced Volleyball
Total Units	36.5-39.5

¹ Students planning to transfer to SDSU must take NUTR-255 Science of Nutrition.

Plus General Education Requirements (<https://catalog.gcccd.edu/cuyamaca/degree-requirements-transfer-information/>)