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 Trainer[1]
Cardiovascular Rehabilitation[1]
College Professor[1]
Elementary School Teacher[1]
Exercise Physiologist[1]
Health Club Manager[1]
Personal Trainer
Physical Therapist/ Assistant[1]
Registered Dietician[1]
Secondary School Teacher[1]
Teaching[1]

[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-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:		4
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-061A	Beginning Pickleball	
ES-061B	Intermediate Pickleball	
ES-061C	Advanced Pickleball	
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		**37.5-39.5**

[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/)