

EXERCISE SCIENCE AND WELLNESS ASSOCIATE IN SCIENCE AND CERTIFICATE OF ACHIEVEMENT



The Department of Exercise Science and Wellness (formerly the Department of Physical Education) offers a solid academic foundation for further study in the field of exercise science, kinesiology and/or physical education. The primary emphasis of the Exercise Science and Wellness major program is to prepare students for successful transfer to baccalaureate (four-year) institutions as well as for entry-level jobs within the fitness industry. The course package for majors is modeled on the preparation for major at San Diego State University, and allows for an emphasis either in Fitness, Nutrition and Health in line with SDSU. The package may also satisfy many requirements for most other California State University institutions as well, but students should check the catalog of the school being considered for its specific requirements.

This department also offers a Fitness Specialist Certificate program which is designed to prepare students to take nationally recognized certification examinations offered throughout the fitness industry. Refer to Fitness Specialist Certification, Certificate of Proficiency in Associate Degree Programs and Certificates (<https://catalog.gcccd.edu/grossmont/associate-degree-programs-certificates/health-sciences/exercise-science-wellness/fitness-specialist-certification-cert-proficiency/>). For more details, contact the Exercise Science Department.

Career Opportunities

<https://www.grossmont.edu/student-support/career-center/resources.php>

Athletic Trainer¹

Fitness Professional (personal trainer, aerobic dance instructor, fitness club instructor, etc.)

Instructor, fitness club instructor, etc.

Physical Therapy¹

Recreational Sports Coach¹

Secondary School Coach¹

Teacher¹

¹ Bachelor's Degree or higher required.

The Program-level Student Learning Outcomes (PSLOs) below are outcomes that students will achieve after completing specific degree / certificate requirements in this program. Students will:

1. Demonstrate knowledge, skills and appreciation of exercise science principles.
2. Identify the basic principles for maintaining an active and healthy lifestyle.

Associate Degree Major Requirements

Code	Title	Units
ES-005A	Beginning Cardio Fitness and Resistance Training	1.5
or ES-005B	Intermediate Cardio Fitness and Resistance Training	
or ES-005C	Advanced Cardio Fitness and Resistance Training	
ES-250	Introduction to Kinesiology	3
ES-255	Care and Prevention of Athletic and Recreational Injuries	3
ES-290	Teaching Techniques and Methods in Exercise Science	1.5
BIO-140	Human Anatomy	4
CHEM-115	Fundamentals of Chemistry	4
or CHEM-120	Preparation for General Chemistry	
COMM-122	Public Speaking	3
NUTR-158	Nutrition for Fitness and Sports	3
or NUTR-255	Science of Nutrition	
PSY-120	Introductory Psychology	3
SOC-120	Introductory Sociology	3
Select one of the following:		3-4
BIO-215	Statistics for Life Sciences	
PSY-215	Statistics for the Behavioral Sciences	
SOC-215	Statistics for the Behavioral Sciences	
MATH-160	Elementary Statistics	
Select one of the following:		1-1.5
ES-006A	Beginning Fitness Circuit	
ES-006B	Intermediate Fitness Circuit	
ES-006C	Advanced Fitness Circuit	
ES-008A	Beginning Indoor Cycling	
ES-008B	Intermediate Indoor Cycling	
ES-008C	Advanced Indoor Cycling	
ES-009A	Beginning Aerobic Dance Exercise	
ES-009B	Intermediate Aerobic Dance Exercise	
ES-009C	Advanced Aerobic Dance Exercise	
ES-023A	Beginning Resistance Training	
ES-023B	Intermediate Resistance Training	
ES-023C	Advanced Resistance Training	
ES-026	Stress Reduction Through Movement and Mindfulness	
ES-027A	Beginning T'ai Chi Ch'uan	
ES-027B	Intermediate T'ai Chi Ch'uan	
ES-027C	Advanced T'ai Chi Ch'uan	
ES-043A	Beginning Swimming	
ES-043B	Intermediate Swimming	
ES-043C	Advanced Swimming	
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-130A	Beginning Gymnastics
ES-130B	Intermediate Gymnastics
ES-130C	Advanced Gymnastics
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 **33-34.5**

Plus General Education (<https://catalog.gcccd.edu/grossmont/admission-information/general-education-transfer/>) and Elective Requirements

¹ NUTR-255 Science of Nutrition is required for the Kinesiology major at SDSU.

Certificate of Achievement

Any student who chooses to complete only those courses required for the above major (i.e. 33 – 34.5 units) qualifies for a Certificate of Achievement in Exercise Science and Wellness. An official request must be filed with the Admissions and Records Office prior to the deadline as stated in the Academic Calendar.