

# Exercise Science-Health/Fitness

Associate in General Studies

**Program/CIP Code:** EXSC.HLTH.AGS/24.0101

**Credits Required:** 64

**Division:** Math, Science & Business Technology

**Contact:** [MSBT@kckcc.edu](mailto:MSBT@kckcc.edu)

The Exercise Science Program offers an Associate in General Studies in Liberal Arts & Sciences Degree and a Certificate Program. Within the associate degree program, students can select one of four areas of specialization: health/fitness, physical education, coaching, or athletic trainer. Students selecting the Health/Fitness specialization are eligible upon completion of this degree to take the American College of Sports Medicine Health/Fitness Certification Exam. NSCA (National Strength and Conditioning Association) officially recognizes the Health/Fitness specialization curriculum as meeting their established criteria and are eligible to take the NSCA, Personal Trainer Certificate Exam. Students who complete the certificate program are eligible to take the American College of Sports Medicine Exercise Leader Certification Exam.

## Requirements for Admission to the program:

- No requirements for admission to the program.
- Contact program for program-specific advising.

## College Requirement

Course		Credit Hours
BLUE 0101	Freshman Seminar	1

## General Education Requirements

Course		Credit Hours
ENGL 0101	Composition I*	3
ENGL 0102	Composition II*	3
SPCH 0151 <b>OR</b> SPCH 0201	Public Speaking <b>OR</b> Interpersonal Communication	3
MATH 0104	Intermediate Algebra**or higher	3
	Humanities Elective (2 disciplines)	6
	Social Science Elective (ANTH, ECON, GEOG, POSC, SOSC)	3
PSYC 0203	Human Development*	3
BIOL 0141	Human Anatomy & Lab	4
BIOL 0271	Physiology*	3
BIOL 0272	Physiology Lab*	1
<b>Total Hours for General Education Requirements</b>		<b>32</b>

\*See course syllabus for prerequisite.

\*\*Math sequence is contingent upon previous high school mathematics background and transfer institution. Students should confer with an advisor to determine correct placement.

**Exercise Science – Health/Fitness Requirements\***

<b>Course</b>		<b>Credit Hours</b>
BIOL 0145	Nutrition	3
BIOL 0160	Kinesiology	3
EXSC 0115	First Aid and CPR	2
EXSC 0186-10	Techniques of Strength Training	2
EXSC 0201	Introduction to Exercise Science	3
EXSC 0204	Sport and Exercise Psychology	3
EXSC 0206	Lifetime Fitness	3
EXSC 0211	Care and Prevention of Athletic Injuries	3
EXSC 0212	Exercise Physiology	3
EXSC 0213	Exercise Testing	3
EXSC 0251	Wellness Practicum	3
<b>Total Hours for Exercise Science – Health/Fitness Requirements</b>		<b>31</b>
*See course syllabi for Exercise Science – Health/Fitness course prerequisites.		

<b>Total Hours for an Associate in General Studies in Exercise Science – Health/Fitness Degree</b>	<b>64</b>
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