

A.A. in Arts and Sciences, Exercise Science Concentration

B.S. in Exercise Science

## YEAR 1: Carroll Community College

FALL	SU EQUIVALENT	CREDITS	SPRING	SU EQUIVALENT	CREDITS
HES 105 Introduction to Exercise Science	EXSC ELE	3	MATH 115 Introduction to Statistical Methods	MATH 155	4
PHED 101 Lifetime Fitness & Wellness	FTWL 106	3	BIOL 101 Fundamentals of Biology 1	BIOL SCL	4
HES 100 Emergency Care First Aid Safety and CPR*	FTWL 102	3	HLTH 210 Nutrition and Weight Management	HLTH 101	3
ENGL 101 College Writing 1	ENGL 103	3	ENGL 102 Writing about Literature	GENE LIT	3
Arts and Humanities General Education	GENE HUM	3	HLTH 101 The Science & Theory of Health And Wellness	GENE PHE	4
<b>TOTAL CREDITS</b>		<b>15</b>	<b>TOTAL CREDITS</b>		<b>18</b>

## YEAR 2: Carroll Community College

FALL	SU EQUIVALENT	CREDITS	SPRING	SU EQUIVALENT	CREDITS
Social and Behavioral Sciences General Education	GENE SSC	3	BIOL 211 Human Anatomy & Physiology 2	BIOL 216	4
BIOL 210 Human Anatomy & Physiology 1	BIOL 215	4	HES 110 Care and Prevention of Athletic Injuries*	EXSC 213	3
Social and Behavioral Sciences General Education	GENE SSC	3	CHEM 101 or CHEM 105 or PHYS 101	CHEM SCL/121/PHYS 121	4
HES 200 Exercise Assessment & Instruction	HLTH ELE	4			
Arts and Humanities General Education	GENE HUM	3			
<b>TOTAL CREDITS</b>		<b>17</b>	<b>TOTAL CREDITS</b>		<b>11</b>

## YEAR 3: SALISBURY UNIVERSITY

FALL	CREDITS	SPRING	CREDITS
EXSC 344 Exercise Physiology	4	EXSC 462 Clinical Exercise Physiology	4
EXSC 317 Nutrition, Health and Human Performance	4	EXSC 333 Kinesiology	4
EXSC 300 Health- Fitness Programs and Professions	4	Free Elective	4
<b>TOTAL CREDITS</b>	<b>12</b>	<b>TOTAL CREDITS</b>	<b>12</b>

## YEAR 4: SALISBURY UNIVERSITY

FALL	CREDITS	SPRING	CREDITS
EXSC 472 Stress Testing and Exercise Prescription	4	EXSC 479 Exercise Science Internship	10
Free Elective	4	EXSC 480 Exercise Science Seminar	2
Free Elective	4		
<b>TOTAL CREDITS</b>	<b>12</b>	<b>TOTAL CREDITS</b>	<b>12</b>

### GENERAL:

Exercise Science primes students to work in the health/fitness industry as personal trainers, strength and conditioning coaches, fitness instructors and wellness program directors. Students wishing to pursue careers in allied health fields may elect to complete additional courses in preparation for graduate education in exercise science or other pre-professional health-related disciplines such as physical therapy, physician assistants, occupational therapy and medicine.

### COMMUNITY COLLEGE NOTES:

\*HES 100 & 110 will transfer as EXSC 213.

### SALISBURY NOTES:

Prior to admission to Salisbury University, students will take the following courses in the summer:

EXSC 240 Fitness Testing (4)  
 EXSC 250 Strength Training Techniques and Program Design (4)  
 EXSC 295 Fitness Instruction (4)