

# EXERCISE SCIENCE: HEALTH, FITNESS AND SPORTS PERFORMANCE - 2019-2020

## ASSOCIATE IN APPLIED SCIENCE - SCOTTSDALE COMMUNITY COLLEGE

ACADEMIC AND CAREER ADVISEMENT CENTER – 480-423-6539 – [WWW.SCOTTSDALECC.EDU/ADMISSIONS/ADVISEMENT](http://WWW.SCOTTSDALECC.EDU/ADMISSIONS/ADVISEMENT)

Name \_\_\_\_\_ Advisor \_\_\_\_\_ Date \_\_\_\_\_

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First Effective Term: FALL 2019	Dept./ Course	Course Title	Credit Hours	Grade	Comments
<b>Required Courses 44-48.5 Credits</b>	EXS101	Introduction to Exercise Science	3		
	EXS125	Introduction to Exercise Physiology	3		
	EXS210	Assessment and Program Design: Muscular Fitness	2		
	EXS211	Assessment and Program Design: Flexibility and Balance	2		
	EXS212	Assessment and Program Design: Cardiorespiratory Fitness	2		
	EXS213	Assessment and Program Design: Weight Mgmt & Motivation	2		
	+EXS214	Instructional Comp: Flexibility and Mind-Body Exercises	2		
	+EXS216	Instructional Comp: Muscular Strength and Conditioning	2		
	+EXS218	Instructional Comp: Cardiorespiratory Exercises and Activities	2		
	EXS290	Introduction to Evidence Based Practice	3		
	+EXS239 +EXS239AA +EXS239AB	Practical App. Personal Training Skills/Techniques Internship (3) <b>OR</b> Practical App. of Personal Training Skills/Techniques Internship (1) <b>AND</b> Practical App. of Personal Training Skills/Techniques Internship (2)	3		
	HES100	Heathful Living	3		
	HES210	Cultural Aspects of Health and Illness	3		
	HES106 EMT101	Cardiopulmonary Resuscitation (CPR)/Automated External Defibrillator (AED) (0.50) <b>OR</b> Basic Life Support/Cardiopulmonary Resuscitation (CPR) for Health Care Providers (0.50) <b>OR</b> Current Basic Life Support (BLS) Health Care Provider/Professional Rescuer Certification	0-0.50		
	FON100 FON241	Introductory Nutrition (3) <b>OR</b> Principles of Human Nutrition (3)	3		
	PSY101	Introduction to Psychology	3		
	+BIO181 RDG100 CRE101	General Biology (Majors) I (4) <b>OR</b> 1 year of high school biology <b>AND</b> Successful College Reading (3) or higher level Reading course <b>OR</b> College Critical Reading and Critical Thinking (3) <b>OR</b> Eligibility by reading test score (0)	0-4		
	+BIO201	Human Anatomy and Physiology I	4		
	PED101ST	Strength Training	1		
	PED101GF PED101KB PED101PS PED101TC PED101YH PED101YO PED101YP PED101YR PED101BS PED101PC PED101BC PED101ZU PED101SR PED101CY PED101YG PED101TX	Group Fitness/Aerobics (1) <b>OR</b> Kickboxing (1) <b>OR</b> Pilates (1) <b>OR</b> Tai Chi (1) <b>OR</b> Hatha Yoga (1) <b>OR</b> Yoga (1) <b>OR</b> Power Yoga (1) <b>OR</b> Restorative Yoga (1) <b>OR</b> Body Sculpting (1) <b>OR</b> Physical Conditioning (1) <b>OR</b> Boot Camp (1) <b>OR</b> Zumba Fitness (1) <b>OR</b> Stretch and Relaxation (1) <b>OR</b> Cycling - Indoor (1) <b>OR</b> Gentle Yoga (1) <b>OR</b> Suspension Training (1)	1		
<b>Restricted Electives</b>		None			
<b>Free Electives Required 4 Credits</b>		Students must choose four (4) additional credits of general elective courses. (CHM130 AND CHM130LL), OR (CHM151 and CHM151LL) OR BIO202 are recommended for students who intend to transfer.	4		
<b>General Education Requirements 15-20 Credits</b>		<b>Core: 12-17 Credits</b>			
First-Year Composition	+ENG101 +ENG107 +ENG102 +ENG108	First-Year Composition (3) <b>OR</b> First-Year Composition for ESL (3) <b>AND</b> First Year Composition (3) <b>OR</b> First Year Composition for ESL (3)	6		

Oral Communication	COM100 COM110 +COM225 COM230	Introduction to Human Communication (3) <b>OR</b> Interpersonal Communication (3) <b>OR</b> Public Speaking (3) <b>OR</b> Small Group Communication (3)	3		
Critical Reading	+CRE101	College Critical Reading & Critical Thinking (3) <b>OR</b> equivalent as indicated by assessment	0-3		
Mathematics	+MAT150 +MAT151 +MAT152	College Algebra/Functions (5) <b>OR</b> College Algebra/Functions (4) <b>OR</b> College Algebra/Functions (3) <b>OR</b>	3-5		
		<b>Distribution: 3 Credits</b>			
Humanities, Arts and Design		Any approved general education course in Humanities, Arts and Design [HU] area	3		
Social-Behavioral Sciences		Met by HES100 in Required Courses	0		
Natural Sciences		Met by BIO201 in Required Courses	0		
		<b>Total Credits</b>	<b>63-72.5</b>		

+Course has a prerequisite.

Revised 4-2019

**Grade of C or better required for all courses in the AAS program in the Exercise Science: Health, Fitness, and Sports Performance**  
**Completion of this form by an advisor is unofficial; official acceptance of all classes determined by SCC Admissions office.**

## AAS EXERCISE SCIENCE: HEALTH, FITNESS AND SPORTS PERFORMANCE Degree Progression Plan

The following is a list of semester classes for the smoothest path towards successfully completing the degree. Some changes or restrictions may apply. This sequence of courses is not mandatory; however, it is recommended that 100-level courses precede 200-level courses.

Semester	Course Title	Credit Hours	Comments
<b>First Semester Courses</b>			
ENG101 OR ENG107	First-Year Composition	3	FYC
MAT150 OR MAT151 OR MAT152 OR higher	College Algebra/Functions OR higher	3-5	
EXS101	Introduction to Exercise Science	3	
HES100	Healthful Living	3	SB
PSY101	Introduction to Psychology (3)	3	
PED+++	See required courses	1	
<b>Second Semester Courses</b>			
ENG102 OR ENG108	First-Year Composition	3	FYC
CRE101	College Critical Reading & Critical Thinking (3) OR equivalent as indicated by assessment	0-3	
BIO181	General Biology (Majors) I	4	SQ
EXS125	Introduction to Exercise Physiology	3	
HES106	Cardio. Resuscitation (CPR)/Automated External Defibrillator (AED) (0.50) OR	0-0.50	
EMT101	Basic Life Support/Cardiopulmonary Resuscitation (0.50) OR Current BLS Healthcare Provider/Prof. Rescuer Certification		
General Elective		4	Recommend CHM130/130LL or 151/151LL to satisfy SQ AGEC-A
PED+++	See required courses	1	
<b>Third Semester Courses</b>			
EXS210	Assessment and Program Design: Muscular Fitness	2	
EXS211	Assessment and Program Design: Flexibility and Balance	2	
EXS212	Assessment and Program Design: Cardiorespiratory Fitness	2	
EXS213	Assessment and Program Design: Weight Mgmt & Motivation	2	
EXS290	Introduction to Evidence Based Practice	3	Satisfies L for AGEC-A
BIO201	Human Anatomy and Physiology I	4	Satisfies SG for AGEC-A
FON100 OR FON241	Introductory Nutrition OR Principles of Human Nutrition	3	
<b>Fourth Semester Courses</b>			
COM100 OR COM110 OR +COM225 OR COM230	Introduction to Human Communication (3) OR Interpersonal Communication (3) OR Public Speaking (3) OR Small Group Communication (3)	3	
EXS214	Instructional Competency: Flexibility and Mind-Body Exercises	2	
EXS216	Instructional Competency: Muscular Strength/Conditioning	2	
EXS218	Instructional Competency: Cardio. Exercises/Activities	2	
EXS239 (3) OR EXS239AA (1) AND EXS239AB (2)	Practical Applications of Personal Training Skills/Techniques Internship	3	
HES210	Cultural Aspects of Health and Illness	3	Satisfies C & G for AGEC-A
Humanities, Arts and Design		3	HU
<b>Fifth Semester Courses</b>			
Humanities, Arts and Design		3	Optional for AGEC-A
MAT206 or PSY230 and PSY231		3	
BIO202		4	Optional for AGEC-A

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