

2021-22 ACADEMIC PROGRAMS

EXERCISE SCIENCE (ASESCI)

Associate in Science

In the Exercise Science program you will learn the science involved in physical activity, health, fitness, nutrition, wellness and weight control. ASESCI prepares you for entry-level employment in health and fitness-related occupations. ASESCI also prepares you for the ACSM certification exams for personal trainer and/or health and fitness instructor. And, ASESCI will get you ready to transfer to a 4-year college or university to complete a degree in fields such as sports medicine, exercise science, kinesiology, movement science or physical education.

Career Outlook

Exercise Science students who transfer to 4-year colleges or universities (and in some cases go beyond the 4-year degree) find employment in a wide variety of fields. These include physician, physician assistant, physical therapist, physical therapist assistant, research scientist, fitness manager, worksite wellness coordinator, exercise specialist, cardiac rehabilitation, coach, physical education teacher, and other exercise-related positions.

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Description

The Exercise Science program is designed to prepare students for employment at the entry level in health and fitness-related occupations and/or for higher education by training in the sciences that relate to physical activity, health, fitness, nutrition, wellness, and weight control. Completion of the two-year degree will prepare students for the ACSM certification exams for personal trainer and/or health/fitness instructor. The AS degree in Exercise Science from WCC is designed to prepare students for transfer to a four-year institution that offers degrees in sports medicine-exercise science, kinesiology, movement science, and physical education. Individuals that transfer to four-year institutions in these fields (and in some cases go beyond the four-year degree) can be expected to find employment in a wide variety of occupations, including (but not limited to) physician, physician's assistant, physical therapist, physical therapist assistant, research scientist, fitness manager, worksite wellness coordinator, exercise specialist, clinical exercise physiologist, coach, physical education teacher, and other exercise-related positions.

Articulation

Eastern Michigan University, several BS degrees

Copies can be obtained from the Counseling Office, a program advisor, or from the Curriculum and Assessment Office Web site: <https://www.wccnet.edu/learn/transfer-wcc-credits/articulation-agreements.php>.

Course Requirements

First Semester

Class	Title	Minimum Credits
BIO 162	General Biology II Cells and Molecules	4
ENG 111	Composition I	4
MTH 160	Basic Statistics	4
PSY 100	Introduction to Psychology	3
Total		15

Second Semester

Class	Title	Minimum Credits
BIO 110	Introduction to Exercise Science	3
BIO 161	General Biology I Ecology and Evolution	4
CEM 111	General Chemistry I	4
ENG 226	Composition II	3
MTH 178	General Trigonometry*	3
Total		17

Third Semester

Class	Title	Minimum Credits
BIO 111	Anatomy and Physiology - Normal Structure and Function	5
BIO 201	Physiology of Exercise	4
PHY 111	General Physics I	4
Elective	Arts/Human. Elective(s) 1 (Not COM)	3
Total		16

Fourth Semester

Class	Title	Minimum Credits
BIO 215	Cell and Molecular Biology	4
BIO 225	Tests and Measurements in Exercise Science	3
HSC 131	CPR/AED and First Aid	1
	Soc. Sci. Elective(s) 2 (Not PSY)	3
COM 101	Fundamentals of Speaking	3

Total

14

Total Credits Required: 62

Footnotes

*Students must have an Academic Math Level of 5 to enroll in MTH 178.

Accurate as of 05/18/2021 Information is subject to change without notice.