

EXERCISE SCIENCE - ASSOCIATE OF SCIENCE DEGREE (AS)

Explore More About This Program: <https://cwi.edu/program/exercise-science>

Degree Plan

The course sequence listed below is strongly recommended in order to complete your program requirements. Please register for each semester as shown using the Student Planning tool in myCWI. Plans may be modified to fit the needs of part-time students by adding additional semesters. Consult your advisor for any questions regarding this course sequence plan.

First Year

Fall		Credit Hours
CWI 101	Connecting With Ideas	3
ENGL 101	Writing and Rhetoric I (GEM 1)	3
EXHS 155	Health and Wellness (GEM 6) ¹	3
EXHS 200	Introduction to Kinesiology	2
PSYC 101	Introduction to Psychology (GEM 6)	3
Total Semester Credit Hours		14

Spring

Select one of the following options (GEM 4): 4-5

Option 1:

BIOL 226	Human Anatomy and Physiology I Plus	
BIOL 227P	Human Anatomy and Physiology I	
BIOL 227L	Human Anatomy and Physiology I Lab	

Option 2:

BIOL 227	Human Anatomy and Physiology I	
BIOL 227L	Human Anatomy and Physiology I Lab	
ENGL 102	Writing and Rhetoric II (GEM 1)	3
EXHS 201	Cultural, Historical, and Philosophical Foundations of Physical Activity	3
MATH 147	College Algebra and Trigonometry (GEM 3)	5
Total Semester Credit Hours		16

Second Year

Fall

BIOL 228	Human Anatomy and Physiology II	3
BIOL 228L	Human Anatomy and Physiology II Lab	1
Select 1-2 credits from the following courses to bring the total credits earned to 60:		1-2
EXHA 102	Couch to 10K	
EXHA 103	Stress Management	
EXHA 104	Stay Active, Live Well!	
EXHA 105	Walking for Health and Fitness	
EXHS 243	Applied Kinesiology	3
EXHS 270	Motor Learning	3
EXHS 270L	Motor Learning Lab	1
<u>GEM 5 - Humanistic & Artistic Ways of Knowing course</u>		3
Total Semester Credit Hours		15

Spring

EXHS 290	Exercise Physiology	3
EXHS 290L	Exercise Physiology Lab	1

HLTH 220	Fundamentals of Nutrition (GEM 4)	3
HLTH 280	Global Health (Global Perspectives) ¹	3
<u>GEM 2 - Oral Communication course</u>		2
<u>GEM 5 - Humanistic & Artistic Ways of Knowing course</u> ²		3
Total Semester Credit Hours		15
Minimum Credit Hours Required		60

¹ This course fulfills the Ethical Reasoning requirement for an associate degree from CWI.

² Course must come from a different discipline.