

EXERCISE SCIENCE ASSOCIATE IN SCIENCE



This degree program is designed to prepare students for a variety of careers including education, physical therapy, coaching, personal training and other allied health professions by providing classes oriented toward fitness, wellness and health promotion throughout the lifespan. The major also provides preparation for transfer to a four-year college in physical education, exercise physiology, kinesiology, nutrition or athletic training, as well as teacher credentialing programs.

Program Learning Outcomes

Upon successful completion of this program, students will be able to:

- List and define the five basic components of physical fitness.
- Describe the concepts of frequency, intensity and time, and how they relate to personal fitness goals.
- Outline a basic strategy for achieving fitness through the lifespan.
- List options within the community for continued lifelong physical activity.
- List benefits of daily physical activity.
- Demonstrate competence in acquiring sound nutritional information.
- Demonstrate improvement in sport skills.
- Outline appropriate goals and activities for increasing the fitness of children.
- Describe appropriate preventive measures as well as treatments for various sport injuries.
- List and describe opportunities for employment in the field.
- Describe their field of interest and a course of instruction that will meet their professional needs.

Career Opportunities

Aerobics Instructor
 Athletics Coach
 Athletics Trainer¹
 Cardiovascular Rehabilitation¹
 College Professor¹
 Elementary School Teacher¹
 Exercise Physiologist¹
 Health Club Manager¹
 Personal Trainer
 Physical Therapist/ Assistant¹
 Registered Dietician¹
 Secondary School Teacher¹
 Teaching¹

¹ Bachelor Degree or higher required.

Associate in Science Degree Requirements

| Code | Title | Units |
|---|---|-------|
| BIO-130 | General Biology I | 3 |
| BIO-131 | General Biology I Laboratory | 1 |
| BIO-140 | Human Anatomy | 4 |
| COMM-122 | Public Speaking | 3 |
| ES-250 | Introduction to Kinesiology | 3 |
| ES-255 | Care and Prevention of Athletic and Recreational Injuries | 3 |
| PSY-120 | Introductory Psychology | 3 |
| SOC-120 | Introductory Sociology | 3 |
| Select one of the following: | | 4-5 |
| CHEM-102 | Introduction to General, Organic and Biological Chemistry | |
| CHEM-120 | Preparation for General Chemistry | |
| CHEM-141 | General Chemistry I | |
| Select one of the following: | | 1.5 |
| ES-014A | Beginning Body Building | |
| ES-014B | Intermediate Body Building | |
| ES-014C | Advanced Body Building | |
| ES-019A | Beginning Physical Fitness | |
| ES-019B | Intermediate Physical Fitness | |
| ES-019C | Advanced Physical Fitness | |
| Select one of the following: | | 3 |
| NUTR-158 | Nutrition for Fitness and Sports | |
| NUTR-255 | Science of Nutrition ¹ | |
| Select one of the following: | | 4 |
| MATH-160 | Elementary Statistics | |
| PSY-215 | Statistics for the Behavioral Sciences | |
| Select two of the following (fulfills the activity requirement for the associate degree): | | 2-3 |
| ES-001 | Adapted Physical Exercise | |
| ES-009A | Beginning Aerobic Dance Exercise | |
| ES-009B | Intermediate Aerobic Dance Exercise | |
| ES-009C | Advanced Aerobic Dance Exercise | |
| ES-019A | Beginning Physical Fitness | |
| ES-019B | Intermediate Physical Fitness | |
| ES-019C | Advanced Physical Fitness | |
| ES-028A | Beginning Yoga | |
| ES-028B | Intermediate Yoga | |
| ES-028C | Advanced Yoga | |
| ES-060A | Beginning Badminton | |
| ES-060B | Intermediate Badminton | |
| ES-060C | Advanced Badminton | |
| ES-061A | Beginning Pickleball | |
| ES-061B | Intermediate Pickleball | |
| ES-061C | Advanced Pickleball | |
| ES-076A | Beginning Tennis | |
| ES-076B | Intermediate Tennis | |
| ES-076C | Advanced Tennis | |
| ES-125A | Beginning Golf | |

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|--------------------|-------------------------|
| ES-125B | Intermediate Golf |
| ES-125C | Advanced Golf |
| ES-155A | Beginning Basketball |
| ES-155B | Intermediate Basketball |
| ES-155C | Advanced Basketball |
| ES-170A | Beginning Soccer |
| ES-170B | Intermediate Soccer |
| ES-170C | Advanced Soccer |
| ES-171A | Beginning Softball |
| ES-171B | Intermediate Softball |
| ES-171C | Advanced Softball |
| ES-175A | Beginning Volleyball |
| ES-175B | Intermediate Volleyball |
| ES-175C | Advanced Volleyball |
| Total Units | 37.5-39.5 |

¹ Students planning to transfer to SDSU must take NUTR-255 Science of Nutrition.

Plus General Education Requirements (<https://catalog.gcccd.edu/cuyamaca/degree-requirements-transfer-information/>)