

## ASSOCIATE IN ARTS: EXERCISE SCIENCE PRE-MAJOR



### CONTACT US

For general questions contact:

[advising@swic.edu](mailto:advising@swic.edu)

For Exercise Science questions, contact the department chair:

[Scott.wolf@swic.edu](mailto:Scott.wolf@swic.edu);

618-797-7435

### AREA OF INTEREST

Health Science & Human Services

### TOTAL CREDITS REQUIRED

64

### CATALOG YEAR

2022-2023

### PROGRAM

Associate in Arts

### TYPE

Transfer

### ACADEMIC PLAN

0001

### TUITION

\$8,128 plus books fees

### CAMPUS LOCATIONS

Belleville

Sam Wolf Granite City

Red Bud

Online



### DESCRIPTION

Exercise science is the study and application of scientific principles of human movement. As the nation addresses health issues associated with physical inactivity, employment opportunities in exercise science, fitness and wellness are expected to grow at a faster than average rate.



### EMPLOYMENT OPPORTUNITIES

A variety of careers are open to students who graduate with a bachelor's degree in exercise science including:

Personal Trainer	Athletic Trainer
Strength and Conditioning Coach	Sports Medicine Specialist
Health and Fitness Specialist	Employee Fitness Director

### Career Information for Exercise Science Majors



### COURSE SEQUENCE BY TERM

The following is the suggested course sequence by term. Please keep in mind:

- The course sequence is laid out by suggested term and may be affected when students enter the program at different times of the year.
- Initial course placement is determined by current district placement measures and/or completion of 100-200 level course and/or program requirements.
- Students should meet with an academic advisor about any concerns that may affect course enrollment.
- **This guide includes course suggestions for students undecided on where they plan to transfer. If you know where you are transferring to for your bachelor's, follow that institution's transfer requirements.**

## ASSOCIATE IN ARTS: Exercise Science

Student's Name: \_\_\_\_\_

Date: \_\_\_\_\_



Course #	Course Name	Requisites	Taken	Credits
<b>Term 1</b>				
<b>BIOL 101</b>	<i>Principles of Biology I</i>			<b>4</b>
<b>ENG 101</b>	<i>Rhetoric &amp; Comp I</i>			<b>3</b>
<b>MATH 107/191</b>	<i>General Statistics OR Intro to Statistics</i>			<b>4</b>
<b>COMM 151</b>	<i>Public Speaking</i>			<b>3</b>
<b>F/A*</b>	<i>Fine-Arts*</i>			<b>3</b>
<b>Term 2</b>				
<b>CHEM 101/105</b>	<i>Intro to Chemistry OR General Chemistry</i>			<b>5</b>
<b>ENG 102</b>	<i>Rhetoric &amp; Comp II</i>	<i>Grade of C or higher in ENG 101</i>		<b>3</b>
<b>PSYC 151</b>	<i>General Psychology</i>			<b>3</b>
<b>HIST 181/POLS 150</b>	<i>US History OR Intro to American Govt.</i>			<b>3</b>
<b>HES 151</b>	<i>Personal Health &amp; Wellness</i>			<b>2</b>
<b>Term 3</b>				
<b>BIOL 157</b>	<i>Anatomy &amp; Physiology I</i>			<b>5</b>
<b>HIST 286/PHIL 155</b>	<i>History of Religion OR Non-Western Phil</i>			<b>3</b>
<b>HES 155</b>	<i>Physical Fitness &amp; Wellness</i>			<b>2</b>
<b>ADTL SS/BS*</b>	<i>Additional Social OR Behavioral Science*</i>			<b>3</b>
<b>COM/BS/SS/HUM*</b>	<i>Additional Comm, Hum, BS, or SS*</i>			<b>3</b>
<b>Term 4</b>				
<b>BIOL 158</b>	<i>Anatomy &amp; Physiology II</i>	<i>Grade of C or higher in BIOL 157</i>		<b>5</b>
<b>HES 170</b>	<i>Intro to Exercise Science</i>			<b>3</b>
<b>ADTL HUM/FA*</b>	<i>Additional Humanities OR Fine-Arts*</i>			<b>3</b>
<b>HES 154</b>	<i>Exercise, Nutrition, &amp; Exercise Mgmt</i>			<b>2</b>
<b>HES 156</b>	<i>Individual Exercise &amp; Health</i>			<b>2</b>
			<b>TOTAL:</b>	<b>64</b>

\*See Academic Advisor for course options.

### GET STARTED

Find the [Steps to Enrollment](#) on SWIC.edu

### CHOOSE A TRANSFER SCHOOL

[SIUE Exercise Science Pathway](#)

[McKendree SWIC AA to BS Exercise Science](#)

4/5/2022