

EXERCISE SCIENCE, A.S.

Major Code: 2542

The Exercise Science Associate degree (previously named Human Performance & Health Promotion) will prepare students to find employment in general fitness positions in wellness facilities and general fitness facilities. The curriculum includes a strong foundation in math and science, along with fitness-related classes in general fitness and wellness and exercise physiology. The program is unique in its inclusion of two exercise physiology classes to ensure the complete and comprehensive understanding, by the student, of the body's response to exercise. Students are taught to handle a diverse set of exercise and fitness situations to strengthen their confidence and marketability in the field. Students are well equipped for immediate entry into the workforce, but are especially prepared for transfer to other programs in the following areas: Exercise Science, B.S. at SUNY Morrisville, Exercise Physiology, Physical Education, Kinesiology, Athletic Training, and Health Education. The Exercise Science program also prepares graduates for employment in fitness centers, recreational facilities, or corporate wellness programs and for certification from the American College of Sports Medicine.

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

- Describe the role of physical activity in the prevention of and treatment of chronic diseases.
- Describe the chronic and acute responses of the body to physical activity.
- Distinguish between aerobic and anaerobic physical exercise and recommend activities to specifically test or to train either system.
- Evaluate whether the allied health profession is the student's desired career path, and assess ability to model appropriate professional behavior.
- Accurately assess a client's heart rate and blood pressure at rest and during physical activity.

Curriculum Requirements

A minimum of 60 credits is required for degree completion.

Code	Title	Credits
HPHP 100	Intro to Wellness & Fitness	4
HPHP 101	Fieldwork in HPHP	1
HPHP 200	Exercise Physiology I	4
HPHP 201	Exercise Physiology II	4
MAST 100	CPR for Healthcare Providers	1
NUTR 110	Nutrition I	3
BIOL 120	General Biology I	4
BIOL 150	Human Anatomy + Physiology I	4
BIOL 151	Human Anatomy + Physiology II	4
PHYS 107	Introductory Physics I	4
COMP 101	Composition and Research	3
COMM 111	Introduction to Speech	3
MATH 103	College Algebra w/ Trig	3
SOCI 250	Social Gerontology	3
PSYC 101	Introduction to Psychology	3
MATH 141	Statistics	3
PHIL 201	Introduction To Philosophy	3

SUNY General Education courses in Arts, US History & Civic Engagement, World History & Global Awareness, or World Languages as Advised	3
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SUNY General Education Diversity, Equity, Inclusion and Social Justice as Advised	3
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Total Credits **60**

Suggested Course Sequence

Course	Title	Credits
Year 1		
Fall		
HPHP 100	Intro to Wellness & Fitness	4
BIOL 120	General Biology I	4
NUTR 110	Nutrition I	3
COMP 101	Composition and Research	3
GNED 100	First Year Experience	2
MATH 103	College Algebra w/ Trig (or higher in the algebra sequence after placement and in consultation with the academic program advisor)	3
Credits		19
Spring		
HPHP 101	Fieldwork in HPHP	1
COMM 111	Introduction to Speech	3
PHYS 107	Introductory Physics I	4
SUNY General Education Elective as Advised		3
SUNY General Education Diversity, Equity, Inclusion and Social Justice as Advised		3
Credits		14
Year 2		
Fall		
BIOL 150	Human Anatomy + Physiology I	4
PSYC 101	Introduction to Psychology	3
HPHP 200	Exercise Physiology I	4
PHIL 201	Introduction To Philosophy	3
Credits		14
Spring		
MATH 141	Statistics	3
BIOL 151	Human Anatomy + Physiology II	4
HPHP 201	Exercise Physiology II	4
SOCI 250	Social Gerontology	3
MAST 100	CPR for Healthcare Providers	1
Credits		15
Total Credits		62