

Exercise Science AOC within Health Sciences A.S.
B.S in Exercise Science
YEAR 1: Frederick Community College

FALL	SU EQUIVALENT	CREDITS	SPRING	SU EQUIVALENT	CREDITS
ENGL 101 English Composition	ENGL 103	3	BSCI 201 Anatomy and Physiology I	BIOL 215	4
MATH 120 or higher	MATH XXX	3	PHED 165 Fitness for Living	FTWL 106	3
PSYC 101 General Psychology	PSYC 101	3	Arts Elective		3
BSCI 150 Principles of Biology I	BIOL 201	4	CHEM 101 or PHYS 121	CHEM 121 or PHYS 121	4
EXSC 170 Intro to Health and Exercise Science	PHEC ELEC	3	EXSC 227 Principles of Resistance Training	EXSC 250	3
TOTAL CREDITS		16	TOTAL CREDITS		17

YEAR 2: Frederick Community College

FALL	SU EQUIVALENT	CREDITS	SPRING	SU EQUIVALENT	CREDITS
BSCI 202 Anatomy and Physiology II	BIOL 216	4	General Education Elective	GENE XXX	3
Humanities Elective	GENE XXX	3	EXSC 180 Care and Prevention of Athletic Injuries	EXSC 213	3
EDPS 210 Human Growth and Development	PSYC 200	3	EXSC 250 or PBHL 170 (recommended)	EXSC ELEC or HLTH 110	3
EXSC 230 Fitness Instruction	EXSC 305	3	Communication Elective		3
EXSC 240 Fitness Assessment and Programming	EXSC 240	3	PBHL 240 Intro to Health Behavior	HLTH 225	3
TOTAL CREDITS		16	TOTAL CREDITS		15

YEAR 3: SALISBURY UNIVERSITY

FALL	CREDITS	SPRING	CREDITS
EXSC 300 Health-Fitness Programs and Professions	4	EXSC 333 Kinesiology	4
EXSC 317 Nutrition, Health, and Human Performance	4	EXSC 462 Clinical Exercise Physiology	4
EXSC 344 Exercise Physiology	4	Elective (see below)	4
		Elective (see below)	4
TOTAL CREDITS	12	TOTAL CREDITS	16

YEAR 4: SALISBURY UNIVERSITY

FALL	CREDITS	SPRING	CREDITS
EXSC 472 Stress Testing and Exercise Prescription	4	EXSC 479 Internship in Exercise Science	10
Elective (see below)	4	EXSC 480 Exercise Science Seminar	2
Elective (see below)	4		
Elective (see below)	4		
TOTAL CREDITS	16	TOTAL CREDITS	12

GENERAL:

Exercise Science primes students to work in the health/fitness industry as personal trainers, strength and conditioning coaches, fitness instructors and wellness program directors. Students wishing to pursue careers in allied health fields may elect to complete additional courses in preparation for graduate education in exercise science or other pre-professional health-related disciplines such as physical therapy, physician assistants, occupational therapy and medicine.

FCC NOTES:

Students can transfer up to 70 credits to Salisbury University with a completed Associates Degree

PBHL 170 and PBHL 240 contribute to the Public Health Minor at SU.

SALISBURY NOTES:

Electives to reach 120 credits:
EXSC 325 Obesity Prevention & Treatment (4) (Spring) HLTH 311: Human Sexuality Education (4) (Fall)
HLTH 230: Chronic and Communicable Diseases (4) (Fall) HLTH 315: Community Nutrition (4) (Spring)
HLTH 325: Planning & Assessing Health Programs (4) (Spring)
HLTH 361: Health Communication (4) (Fall)
HLTH 450: Intro to U.S. Healthcare and Public Policy (4) (Fall)

EXSC 230 satisfied EXSC305 but does not count toward the 30 credits of required upper level coursework at SU