

FCC Curriculum Pathway

The Health and Exercise Science A.A. degree Curriculum Pathway provides full-time students with a suggested guide for completing an Associate degree in two years (four semesters). Students who choose to take less than 15 credits per semester or who require Developmental English and/or Math will need additional semesters to complete their degrees. Taking classes in the Summer and/or January terms allow students to catch up and stay on target. **It is recommended all students meet with an Advisor each semester to carefully select and sequence courses based on their specific interests and needs.** Using the Curriculum Pathway along with the PeopleSoft Degree Plan allows students to track their progress towards graduation.

Major: Health & Exercise Sciences Concentration Catalog Year: Summer 2015-Spring 2017

Course Number	Course	Credit	Complete
First Year – First Semester			
EN 101	English Composition	General Education CORE 3	
	Mathematics	General Education CORE 3/4	
PS 101	General Psychology	General Education CORE 3	
BI 101	General Biology	General Education CORE 4	
PE 153	Introduction to Health and Exercise Sciences	3	
	Semester Total	16	
First Year – Second Semester			
BI 103	Anatomy & Physiology	General Education CORE 4	
PE 154	Fitness for Living	3	
	Arts	General Education CORE 3	
	Humanities	General Education CORE 3	
PE 241	Methods of Fitness and Conditioning (satisfies PE/Health requirement)	1	
PE 247	Methods of Strength Training	1	
	Semester Total	15	
Second Year – First Semester			
BI 104	Anatomy & Physiology	4	
HE 204	Health Education	3	
HE 102	Nutrition in a Changing World OR		
HE 200	Principles and Application of Nutrition	3	
ED/PS 208	Human Growth & Development	General Education CORE 3	
	Communications	General Education CORE 3	
	Semester Total	16	
Second Year – Second Semester			
	Any General Education	General Education CORE 3	
Electives	Departmental Electives (See catalog or your degree plan for details on which electives should be taken)	10	
	Semester Total	13	
Total Credits:		60	

Students must complete their credit English and Mathematics within the first 24 credits.

General Education Electives can be taken in the semester that works best for the student's schedule.

Students are strongly recommended to consult an FCC advisor and to use ARTSYS, the Maryland Articulation System, www.artsys.usmd.edu to select elective courses needed for transfer based on their intended major at their four-year college/university.

Developmental courses must be completed prior to enrolling into college-level courses in the major. See an advisor for further information, if needed.

_____ Reading I: EN51 or ESL70

_____ Reading II: EN52 or ESL72

_____ Writing I: EN50 or ESL71

_____ Writing II: EN50A or EN61 or ESL73

_____ Math: MA80, MA81, MA81B, MA82 or MA85