



EXERCISE SCIENCE

Delaware Technical & Community College

www.dtcc.edu/connecteddegree



An opportunity to gain an associate degree from Delaware Tech and a bachelor's degree from Delaware State University.

YOUR PATH TO A BACHELOR'S DEGREE

Delaware Tech has established agreements with four-year colleges and universities that connect Delaware Tech associate degree programs with bachelor's degree programs to create smooth transfer opportunities for you. These Connected Degree programs enable you to complete your associate degree and then transfer to a four-year degree program as a junior.

THE CONNECTED DEGREE 2 + 2 CURRICULUM

Delaware Tech's associate degree program in Exercise Science prepares students as fitness technicians enabling them to properly conduct health screenings, administer exercise tests, and develop cardiovascular and strength training exercise programs. Students will develop an in-depth understanding of exercise physiology, kinesiology, exercise testing, and fitness programming. Graduates will be prepared to continue their education at the bachelor's level and qualified to sit for various certifications.

Delaware State University's Bachelor of Science degree program in Movement Science: Fitness/Strength Certification combines lectures, labs, service-learning, and community outreach experiences. Graduates are prepared to sit for and successfully pass the American College of Sports Medicine and National Strength & Conditioning Association certification exams and for careers including, but not limited to personal trainer, health and fitness specialist, strength and conditioning specialist, & biomechanical analyst.

VALUE FOR YOU

By completing your associate degree at Delaware Tech, you'll receive excellent instruction in small classes at a campus close to home. Delaware Tech's affordable tuition can reduce the overall cost of your college education, making the completion of your bachelor's degree more manageable.

MAKING THE CONNECTION

Refer to the Connected Degree curriculum (on the reverse side of this page) for the sequence of courses needed to complete this program. Call Delaware Tech and let us help you follow the path to your bachelor's degree.

CONNECTED DEGREE



CONNECTED DEGREE CURRICULUM

Suggested Course Sequence

ASSOCIATE DEGREE Exercise Science DELAWARE TECHNICAL & COMMUNITY COLLEGE			CR	BACHELOR'S DEGREE Movement Science: Fitness/Strength Certification DELAWARE STATE UNIVERSITY			CR
FIRST SEMESTER (SUMMER)				SEVENTH SEMESTER (FALL)			
BIO	120	Anatomy and Physiology I	5	01	101	English Composition I or	3
				01	311	Advanced Composition	
				52	105	Microcomputer Applications	3
				61	210	Sport & Fitness Psychology	3
				61	255	Intro to Motor Learning & Motor Control	3
				XX	XXX	Arts & Humanities Elective*	3
							15
SECOND SEMESTER (FALL)				EIGHTH SEMESTER (SPRING)			
BIO	121	Anatomy and Physiology II	5	01	XXX	Literature I*	3
ENG	121	Composition	3	34	XXX	History*	3
EXS	100	Introduction to Exercise Science	4	61	317	Obesity Prevention & Treatment	3
EXS	101	Functional Kinesiology	3	61	361	Sport Biomechanics	3
				XX	XXX	Arts & Humanities Elective*	3
			15				15
THIRD SEMESTER (SPRING)				NINTH SEMESTER (FALL)			
ENG	124	Oral Communications	3	61	470	Movement Analysis	3
MAT	153	College Mathematics and Statistics	4	61	363	Physical Activity Epidemiology	3
EXS	105	Conditioning and Strength Training	4	61	124	Teaching Fitness & Physical Activity Concepts	3
EXS	120	Wellness and Health Promotion	3	31	395	Global Societies	3
HLH	110	First Aid, Safety & CPR	3	61	461	Prevention & Care of Athletic Injuries	3
			17				15
FOURTH SEMESTER (SUMMER)				TENTH SEMESTER (SPRING)			
EXS	135	Exercise Science Internship I	3	61	365	Research Design & Quantitative Software Applications in Movement Science	3
BIO	115	Nutrition	3	61	465	Exercise & Aging	3
			6	61	480	Movement Science Senior Seminar (Capstone)	6
FIFTH SEMESTER (FALL)							12
SOC	111	Sociology I	3				
EXS	200	Nutrition for Sport and Exercise	3				
EXS	205	Fitness for Special Populations	3				
EXS	225	Advanced Exercise Testing	4				
EXS	230	Health Fitness Instruction	4				
			17				
SIXTH SEMESTER (SUMMER)							
PSY	121	General Psychology	3				
EXS	235	Exercise Science Internship II	9				
			12				
						*See your advisor. Proper selection of these courses will help students to meet DSU's requirement of one African-American Experience and two multicultural courses.	
						First Aid/AED and CPR Certification must be earned by the end of the 2nd year.	

- The minimum credit requirement is **120** for the B.S. in Movement Science: Fitness/Strength Certification.
- Course sequencing may vary by semester. See your advisor.
- RDG 120, Critical Reading and Thinking, will be a required DTCC course unless the student is exempt.

For more information contact:

Delaware Tech
Wilmington, Delaware: (302) 573-5440

Delaware State University
Dover, Delaware: (302) 857-6703