



# EXERCISE SCIENCE TECHNOLOGY

Delaware Technical & Community College • [www.dtcc.edu/connecteddegree](http://www.dtcc.edu/connecteddegree)



*An opportunity to gain an associate degree from Delaware Tech and a bachelor's degree from Wilmington 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 Technology 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.

Wilmington University's degree completion program in Allied Health Management is for Allied Health practitioners who have earned an Associate's Degree with an Allied Health concentration. This program is for those Allied Health professionals who wish to advance their careers with a more administrative focus. The program allows practitioners to transfer most, if not all, of their credits from their initial education. The goal of the program is to provide expert practitioners in the Allied Health field with the knowledge and skill needed to advance in their careers.

## **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 CURRICULUM

## Suggested Course Sequence

DELAWARE TECH			CR	WILMINGTON UNIVERSITY			CR
<b>FIRST SEMESTER (SUMMER)</b>				<b>SEVENTH SEMESTER (FALL)</b>			
BIO	120	Anatomy and Physiology I	5	ENG	365	Academic Writing	3
				BBM	201	Principles of Management	3
				ALH	333	Leadership for Allied Health Professionals	3
							<b>9</b>
<b>SECOND SEMESTER (FALL)</b>				<b>EIGHTH SEMESTER (SPRING)</b>			
BIO	121	Anatomy and Physiology II	5	ALH	402	Medical Law & Ethics	3
ENG	121	Composition	3	XXX	XXX	Upper Level Free Elective	3
EXS	100	Introduction to Exercise Science	4	ECO	105	Fundamentals of Economics	3
EXS	101	Functional Kinesiology	3	XXX	XXX	Upper Level Humanities Elective	3
			<b>15</b>				<b>12</b>
<b>THIRD SEMESTER (SPRING)</b>				<b>NINTH SEMESTER (SUMMER)</b>			
ENG	124	Oral Communications	3	BBM	301	Organizational Behavior	3
MAT	153	College Mathematics and Statistics	4	BBM	320	Business Communication	3
EXS	105	Conditioning and Strength Training	4	HRM	311	Human Resource Management	3
EXS	120	Wellness and Health Promotion	3				
HLH	110	First Aid, Safety & CPR	3				
			<b>17</b>				<b>9</b>
<b>FOURTH SEMESTER (SUMMER)</b>				<b>TENTH SEMESTER (FALL)</b>			
EXS	135	Exercise Science Internship I	3	MIS	320	Management Information Systems	3
BIO	115	Nutrition	3	HUM	360	Human World Views: 3500 BC – 1650 AD	3
				PSY	315	Group Dynamics	3
			<b>6</b>				<b>9</b>
<b>FIFTH SEMESTER (FALL)</b>				<b>ELEVENTH SEMESTER (SPRING)</b>			
SOC	111	Sociology I	3	SOC	304	Ethnic Groups & Minorities	3
EXS	200	Nutrition for Sport and Exercise	3	HUM	361	Human World Views: 1650 AD – Present	3
EXS	205	Fitness for Special Populations	3	ALH	401	Allied Health Professional – Capstone	3
EXS	225	Advanced Exercise Testing	4				<b>9</b>
EXS	230	Health Fitness Instruction	4				
			<b>17</b>				
<b>SIXTH SEMESTER (SPRING)</b>							
PSY	121	General Psychology	3				
EXS	235	Exercise Science Internship II	9				
			<b>12</b>				

- The Bachelor of Science program in Allied Health Management at Wilmington University requires a minimum of **120** credits.
- Course sequencing may vary by semester. See your advisor.
- RDG 120, Critical Reading and Thinking, is a required DTCC course unless the student is exempt.

**For more information contact:**

<b>Delaware Tech</b> Wilmington, Delaware: (302) 573-5440	<b>Wilmington University</b> Dover, Delaware: (302) 734-2594 Georgetown, Delaware: (302) 856-5780 New Castle, Delaware: (877) 967-5464
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This articulation agreement is subject to change based on Delaware Tech and senior institution curriculum changes. 07/2009