

## Allied Health

### Exercise Science

WILMINGTON CAMPUS

Fall 2020

*This curriculum is designed to prepare students as fitness technicians. Students will learn to properly conduct health screenings, administer exercise tests, and develop cardiovascular and strength training exercise programs. Through the technical component of the program, students will develop an in-depth understanding of exercise physiology, kinesiology, exercise testing, and fitness programming. Graduates will be qualified to sit for various certifications as offered by the American Council on Exercise (ACE), National Strength and Conditioning Association (NSCA), and American College of Sports Medicine (ACSM) as a Certified Personal Trainer, Group Fitness Instructor, or Lifestyle and Weight Management Coach.*

#### PROGRAM SPECIFIC ADVISEMENT STATEMENT

<b>Courses - Semester 1</b>	<b>Credits</b>	<b>Lecture</b>	<b>Lab</b>
<a href="#">SSC 100 - First Year Seminar</a>	1	1	0
<a href="#">BIO 120 - Anatomy and Physiology I</a>	5	4	2
<a href="#">ENG 101 - Crit Thinking &amp; Acad Writing</a>	3	3	0
<a href="#">CHM 100 - Basic Chemistry</a>	3	2	2
<a href="#">(SOC 111 - Sociology</a>	3	3	0
OR <a href="#">SOC 213 - Ethical Issues in Health Care)</a>	3	3	0
<b>Courses - Semester 2</b>	<b>Credits</b>	<b>Lecture</b>	<b>Lab</b>
<a href="#">BIO 121 - Anatomy and Physiology II</a>	5	4	2
<a href="#">ENG 102 - Composition and Research</a>	3	3	0
<a href="#">HLH 110 - First Aid, Safety &amp; CPR</a>	3	2	2
<a href="#">EXS 100 - Introduction to Exercise Scien</a>	4	3	2
<a href="#">EXS 101 - Functional Kinesiology</a>	3	2	2
<b>Courses - Semester 3</b>	<b>Credits</b>	<b>Lecture</b>	<b>Lab</b>
<a href="#">(MAT 153 - College Math and Statistics</a>	4	4	0
OR <a href="#">MAT 180 - College Algebra)</a>	4	4	1
<a href="#">EXS 105 - Conditioning &amp; Strength Trning</a>	4	3	2
<a href="#">EXS 120 - Wellness and Health Promotion</a>	3	3	1
<b>Courses - Semester 4</b>	<b>Credits</b>	<b>Lecture</b>	<b>Lab</b>
<a href="#">BIO 115 - Nutrition</a>	3	3	0
<a href="#">EXS 135 - Exercise Science Clinical I</a>	2	1	5
<a href="#">EXS 205 - Fitness for Special Populatns</a>	3	3	1
<a href="#">EXS 225 - Advanced Exercise Testing</a>	4	3	2
<a href="#">EXS 230 - Health Fitness Instruction</a>	4	3	2
<b>Courses - Semester 5</b>	<b>Credits</b>	<b>Lecture</b>	<b>Lab</b>
<a href="#">PSY 121 - General Psychology</a>	3	3	0
<a href="#">EXS 200 - Nutrition for Sport &amp; Exercise</a>	3	3	0
<a href="#">EXS 235 - Exercise Clinical II</a>	5	1	21

*To complete program requirements, you must pass the above courses and earn at least **71 credits**. The number of courses and credits required for graduation may be more depending on your need for developmental education courses and the elective choices you make (if electives are a part of the program). Some programs also have college-level courses that you must take if you do not score at a certain level on the College Placement Test. If this applies to your program, the courses are listed at the top of the sequence sheet before the first semester of the course list.*