

KINGSBOROUGH COMMUNITY COLLEGE
The City University of New York

CURRICULUM TRANSMITTAL COVER PAGE

Department: Health, Physical Education and Recreation

Date: August 3, 2016

Title Of Course Or Degree: EXERCISE SCIENCE/PERSONAL TRAINING

Change(s) Initiated: (Please check)

- | | |
|---|--|
| <input type="checkbox"/> Closing of Degree | <input checked="" type="checkbox"/> Change in Degree or Certificate Requirements |
| <input type="checkbox"/> Closing of Certificate | <input type="checkbox"/> Change in Degree Requirements (adding concentration) |
| <input type="checkbox"/> New Certificate Proposal | <input type="checkbox"/> Change in Pre/Co-Requisite |
| <input type="checkbox"/> New Degree Proposal | <input type="checkbox"/> Change in Course Designation |
| <input type="checkbox"/> New Course | <input type="checkbox"/> Change in Course Description |
| <input type="checkbox"/> New 82 Course | <input type="checkbox"/> Change in Course Title, Numbers Credit and/or Hour |
| <input type="checkbox"/> Deletion of Course | <input type="checkbox"/> Change in Academic Policy |
| | <input type="checkbox"/> Pathways Submission: |
| | <input type="checkbox"/> Life and Physical Science |
| | <input type="checkbox"/> Math and Quantitative Reasoning |
| | <input type="checkbox"/> A. World Cultures and Global Issues |
| | <input type="checkbox"/> B. U.S. Experience in its Diversity |
| | <input type="checkbox"/> C. Creative Expression |
| | <input type="checkbox"/> D. Individual and Society |
| | <input type="checkbox"/> E. Scientific World |

Other (please describe): Change Degree Title to " Exercise Science"

PLEASE ATTACH MATERIAL TO ILLUSTRATE AND EXPLAIN ALL CHANGES

DEPARTMENTAL ACTION

Action by Department and/or Departmental Committee, if required:

Date Approved: 9/13/16 Signature, Committee Chairperson:

Suzanne Bracco

I have reviewed the attached material/proposal

Signature, Department Chairperson:

Ronald Hume

KINGSBOROUGH COMMUNITY COLLEGE
OF THE CITY UNIVERSITY OF NEW YORK

To: Curriculum Committee, Kingsborough Community College

From: Prof. Chris Fey, Director, Program in Exercise Science/Personal Training

Subject: CHANGE IN TITLE AND FOCUS OF EXERCISE SCIENCE/PERSONAL TRAINING A.S. DEGREE PROGRAM

Date: August 8, 2016

Statement of the Problem

Since the inception of the Exercise Science/Personal Training Program (2001) we had seen a steady increase in enrollment and graduation rates. However, within the last two years, enrollment has fallen significantly and the graduation rate has fluctuated. To identify causes of this situation, we held several departmental curriculum committee meetings, and a mini-retreat. The causes identified are:

- a. An increase in the number of baccalaureate programs, especially the program in Kinesiology/Exercise Science at Brooklyn College. Most students with an interest in the fitness profession who are ready for a rigorous science-oriented curriculum at the start of their careers go directly to Brooklyn or other senior colleges.
- b. Difficulty in attracting “science ready” students to Kingsborough. Most students who choose Exercise Science/Personal Training as new freshmen or early in their careers at Kingsborough need extensive remedial work. This delays their progress through the curriculum, to graduation and to the job market.
- c. Kingsborough students who are ready for a rigorous program choose to major in Liberal Arts or to leave Kingsborough without a degree prior to taking upper division EXS courses. This apparently is the result of a new policy at Brooklyn College not to accept upper division courses from community colleges in general.
- d. An increase in the number of commercial trade schools, along with continuing education and certificate programs at community colleges. These institutions offer rudimentary classroom and practical instruction to prepare for certification exams. These programs, especially at the commercial schools, attract individuals who seek quick access to entry level positions in the fitness profession.

e. Individuals seeking advanced fitness certifications, but not beginning their careers at four year colleges, are more attracted to transfer-oriented associate's programs at other community colleges than to a program of the type presently offered at Kingsborough (these distinctions will be addressed later in this memo).

f. Decreased enrollment at Kingsborough as a whole (a 12% decline from the fall 2011 peak of 19,261 to the fall 2015 level of 17,033).

Action Taken

To address these matters, I conducted extensive research into programs at other community colleges, identifying four types of programs: termination (employment-oriented), transfer-oriented, hybrid (varying combinations of emphasis on employment and transfer) and liberal arts concentrations. Kingsborough's program is of the hybrid variety. My hope was to identify practices that would help us to sustain our hybrid program. However, an analysis of our student body, and the academic and professional environments in the New York City area led to the conclusion that a change to a transfer-oriented program is indicated.

Rational for the Revision of Program Title and Focus

The title of the program should be changed from "Exercise Science/Personal Training" to "Exercise Science." This revision will make clear that the focus of the program has shifted from the hybrid model (leading to employment and/or transfer) to an approach with the specific goal of transfer to a baccalaureate level program in Exercise Science or a related field. This revised nomenclature is appropriate since the majority of senior college programs include the term "Exercise Science" in their departmental name and/or program title; the removal of the term "Personal Training" is appropriate since the term gives the impression that the program is directed towards employment in one particular fitness related title, which in fact does NOT require college study to become certified or to practice the occupation.

Under the new model, more emphasis will be placed on presenting an introduction to the fitness profession and building an academic base for senior college study in Exercise Science. The degree requirements for the new model were designed to facilitate a smooth transfer. A range of courses that involve the practice of a wellness-oriented, active lifestyle will be a key element of the program. The segments of the present curriculum that address the science behind the exercises will be the province of senior colleges. We hope that our graduates will love what they learn about this way of life and the fitness profession. We want them to leave Kingsborough with the desire and the personal attributes to become dedicated exercise professionals who lead by example.

The proposed changes to the program's title and focus necessitate significant changes in the degree requirements. Details related to each element of this change are presented in the next section of this memo.

Changes in Degree Requirements

Copies of the current and proposed Degree Requirements are attached to this memo. Highlights of the revised degree requirements are:

1. Deletions of the following EXS courses (15 credits) from the curriculum.

 - a) EXS 900
 - b) EXS 1000
 - c) EXS 1100
 - d) EXS 1200
 - e) EXS 91X6
2. Addition of new course, EXS ____, Introduction to Exercise Science, to the curriculum and the College Catalog. A New Course Proposal Form has been prepared and forwarded under separate cover.
3. Deletions of the following existing courses from the curriculum:
 - a) BIO 7000
 - b) HE 1400
 - c) HE 2000
4. Additions of the following courses to the curriculum:
 - a) BA 6000
 - b) HE 4200
 - c) HE 5000
 - d) HPE 1200
 - e) PEC 7100
 - f) PSY 1100
 - g) One (1) Elective Credit – Recommended: A Student Development course or Integrative Seminar course as part of Learning Communities.
5. Modification of the following existing courses. Each modification is addressed in more detail on a separate Curriculum Change Transmittal.
 - a) Modifying EXS 1300's prerequisite
 - b) Changing EXS 1500's title to Lifetime Strength and Flexibility Training, modifying its description and modifying its prerequisite

6. Modification of the number of Group I, II and III Physical Education courses that must be taken. Students will be required to take five such courses, with no more than two from any group

Note regarding Civic Engagement requirements: HPE 1200 will provide a Civic Engagement experience to replace that provided by HE 1400. HE 4200 will replace the Civic Engagement Experience that had been provided by HE 2000.

Changes to Specific Courses-Corresponding Rationales

1. Deletions of EXS Courses from the Curriculum.
 - a) EXS 900, Introduction to Personal Training, will be deleted from the curriculum. This introductory course placed a heavy emphasis on preparation for a single career – personal training. At the time of the program’s inception, a unique certification from the American College of Sports Medicine was available to Associate’s Degree holders, known at the time as Health/Fitness Instructor. Holders of this certification were “advanced personal trainers” so a course of this type was relevant to students in a community college program. Since the requirement for that certification has been raised to a baccalaureate level, and most personal trainers now begin their career with little or no college education, this course is too narrow in focus for students preparing for a wide range of programs at the baccalaureate level and beyond. This course will be replaced with EXS TBD, Introduction to Exercise Science, which encompasses a broader range of career and academic options than EXS 900, which was geared toward a single occupation.

For students who have already completed EXS 900 and change their major to the new A.S. in Exercise Science, the requirement to complete EXS XXXX will be waived with EXS 900 being substituted.

- b) EXS 1000, Kinesiology of Exercise will be deleted from the curriculum. This advanced course in functional anatomy is an upper level course at most senior colleges. Due to the delay in completing its prerequisites, most students under our present curriculum are not able to take the course until well beyond the time it would take to complete the revised curriculum, i.e. during their third or fourth year at Kingsborough. This course should be eliminated due to its conflict with the philosophy of the new program, the difficulty often encountered in transferring it to a

senior college, and the fact that its material is addressed in the upper level portion of a comprehensive curriculum at a senior college.

- c) EXS 1100, Physiology of Exercise will be deleted from the curriculum. This advanced course in a specialized aspect of human physiology is an upper level course at most senior colleges. Due to the delay in completing its prerequisites, most students under our present curriculum are not able to take the course until well beyond the time it would take to complete the revised curriculum, i.e. during their third or fourth year at Kingsborough. This course should be eliminated due to its conflict with the philosophy of the new program, the difficulty often encountered in transferring it to a senior college, and the fact that its material is addressed in the upper level portion of a comprehensive curriculum at a senior college.
- d) EXS 1200, Health Risk Appraisal will be deleted from the curriculum. Due to its relevance to new personal trainers, this course was of significant importance in the career-oriented aspect of the hybrid program. This course should be eliminated due to its conflict with the philosophy of the new program, the difficulty often encountered in transferring it to a senior college, and the fact that its material is addressed in the upper level portion of a comprehensive curriculum at a senior college.
- e) EXS 91X6, Field Experience in Exercise Science: This course involves 100 hours of field work, 12 hours of classroom contact with the instructor, and at least for the short term, travel to an off campus location. Under the current hybrid model, the course allows students who have completed a comprehensive program of academic and practical instruction to apply their knowledge and skills with actual clients. This has been an appropriate course in a program that has among its goals preparation for an entry-level position. The course provided the students with hands-on experience that could be documented on their résumés, allowing them to stack up more favorably than their competitors in the job market.

Inclusion of a field experience course in the proposed transfer-oriented program is not advisable. Out of 23 college programs analyzed in our survey, field experience was popular among termination and hybrid programs; only one of seven transfer programs included a field experience course. Their field work requirement is only 45 hours, and students receive only two credits for the course.

The limited utility of such a course does not justify the burdens placed upon the students: 112 hours of field work and class time, additional time for preparation and study, and the rigors of travel to off campus locations. To further place the time commitment into perspective, students in the field experience course spend nine

credits worth of class time on a three credit course; when included in a 12 credit semester (the minimum required for financial aid), the students are investing time equivalent to an 18 credit load, or an additional 50%. In addition, students on financial aid who are taking BIO 1100 or 1200 in the same semester as the field experience will have to carry a 13-credit load, along with the additional time demanded by the lab portion of the BIO course. Surveying our students, we found that the majority have jobs and families. Besides the disproportionate impact on study time, the field experience course will encroach on students' availability for family and work commitments, for no practical purpose.

A salient feature of the field experience in our hybrid model program was the on-campus work environment, resulting in a high quality learning experience. In a transfer-oriented program, a field experience course would have little impact on students' career choices, as most will have made their choice to stay with the program in the introductory course. Additionally, it would not be feasible to operate an on-campus clinic under the new program, as our students will lack the knowledge and skill to train clients. The only choice would be an off-campus facility, which experience has shown to be a non-productive setting. The students do not receive a warm reception from facility staff; they are viewed as unwelcome observers who get in the way. The students will receive little actual hands-on experience or meaningful observation; they will be bored by merely watching other people work. They are more likely to be relegated to housekeeping or administrative duties.

2. Addition of a new EXS Course to the curriculum and the College Catalog.
 - a) EXS TBD, Introduction to Exercise Science, will be added to the curriculum and the College Catalog. The course will provide a broad view of educational opportunities and careers available to holders of baccalaureate degrees in Exercise Science or related fields. Students will learn how to access the body of research found in journals related to this discipline, and to appreciate the scientific basis of exercise programming. Career information will also include the type of work in each occupation, the clientele, the setting, economic factors, and entry requirements. A New Course Proposal Form has been submitted under separate cover.
3. Deletion of existing courses from the curriculum:
 - a) BIO 7000, will be deleted from the curriculum. This course has been part of the curriculum since the program's inception, and material covered is important. It will be replaced by a similar course, HE 4200, from the Department of Health, Physical Education and Recreation. This change allows the return of another course PSY 1100,

to the curriculum. PSY 1100 will take the Pathways Group E spot filled by BIO 7000. HE 4200 will cover similar material, transfer well to CUNY baccalaureate programs in Exercise Science and related fields, and provide civic engagement experience.

b) HE 1400, Critical Issues in Personal Health, will be deleted from the curriculum and replaced by a more comprehensive course, HPE 1200, Concepts of Wellness. The latter course is better suited to those who wish to enter the allied health professions. HPE 1200 will also provide a civic engagement experience to offset the one that had been part of HE 1400.

c) HE 2000, Community CPR, will be deleted from the curriculum. The portion of this course that provides job-related skills for the exercise professional is also covered in HE 3500. The civic engagement experience that had been part of this course will be replaced by the one that is included in HE 4200.

4. Addition of existing courses to the curriculum:

a) BA 6000, Introduction to Computer Concepts, will be returned to the curriculum. Our 2006 external review recommended inclusion of a computer course in the curriculum due to the increasing use of technology in the fitness profession. The change was made at that time, but rescinded shortly thereafter due to the increased general education requirements when we followed another recommendation – that of changing from an A.A.S. to an A.S. degree.

b) HE 4200, Health and Nutrition, will be added to the curriculum. It will replace BIO 7000. The addition of this course will provide coverage of the important material that had been in BIO 7000. This course will transfer well to baccalaureate level Exercise Science related programs in CUNY.

c) HE 5000, Weight Management, will be added to the curriculum. Many people who engage exercise science professionals do so for weight issues. Inclusion of this course will provide the students with factual and practical knowledge needed to address these issues.

d) HPE 1200, Concepts of Wellness, will be added to the curriculum. This course will replace HE 1400. It is a more comprehensive course, better suited to those seeking a career in the allied health professions. It will provide a Civic Engagement Experience to offset the one that had been part of HE 1400.

- e) PEC 7100, High Intensity Fitness Training, will be added to the curriculum as one of the choices for the Physical Education group courses. This type of training is high among current trends identified by fitness professionals in an ACSM survey; is an important component of fitness programming for selected clients; and provides a suitable fitness experience for our students who desire a more vigorous level of activity than the other courses currently included in Group I Physical Education Courses.
 - f) PSY 1100, General Psychology, will be returned to the curriculum. This course had been in our curriculum from the program's inception until the implementation of Pathways in 2013. At that time, the course was removed because of its "Group E" status, under which it competed with two Biology courses. With the elimination of BIO 7000 from the curriculum, this course will now be the second required "Group E" course.
 - g) The recommendation to use their one elective credit toward a Student Development course (SD) or Integrative Seminar course will be added to the curriculum, with the student having discretion on choice of course and allows for collaboration with Learning Communities as well as flexibility because of variation in SD offerings from semester to semester.
5. Modifications of two existing courses, EXS 1300 and EXS 1500, are discussed under separate cover.
 6. Modification of the number of Group I, II and III Physical Education courses that must be taken. Students had been required to take three such courses, with no more than one from any group. Now they will be required to take five such courses, with no more than two from any group. This will ensure a diverse sampling of exercise modalities, with the opportunity for an enhanced experience in modalities of particular interest to the student.

Note regarding Civic Engagement requirements: HPE 1200 will provide a Civic Engagement experience to replace that provided by HE 1400. HE 4200 will replace the Civic Engagement Experience that had been provided by HE 2000.

CURRENT

A.S. EXERCISE SCIENCE/PERSONAL TRAINING

ACADEMIC DEPARTMENT: Health, Physical Education and Recreation

HEGIS: 5299.30

PROGRAM CODE: 22486

CHAIRPERSON: Dr. Donald Hume

PROGRAM DIRECTOR: Prof. Christine Fey

OFFICE LOCATION: G-201

TELEPHONE: (718) 368-5696

The curriculum presented here applies to students who started the major in Fall 2016 or Spring 2017. If you enrolled as a matriculant prior to that, please see the *College Catalog* for the year you started the major as a matriculant for the curriculum requirements that apply to you.

Consultation with the Program Advisor is required.

Learning Outcomes:

Upon successful completion of the Exercise Science/Personal Training degree program requirements, graduates will:

1. prepare successfully for transfer to a baccalaureate level program in exercise science or a related field
2. prepare for entry into the personal training job market, or for the establishment of a personal training business
3. prepare successfully for the certification examinations of prestigious, nationally recognized fitness organizations
4. exhibit an understanding of the principles of the biological aspects of life as they relate to movement and exercise
5. communicate effectively and use technology to exchange information necessary for working in a personal training setting
6. conduct an evaluation consisting of a health appraisal, physical screening and fitness assessment
7. interpret results to determine client's risk factors, need for medical clearance, and base level of fitness
8. design safe, effective exercise programs based upon a client's evaluation that meet the needs and goals of the client
9. instruct and correct individuals on the performance of exercises, with emphasis on safe, biomechanically correct form
10. maintain a safe environment while conducting personal training activities, and provide first aid or CPR as needed
11. identify signs and symptoms that call for termination of an exercise session, or the suspension of an exercise program
12. motivate clients to maintain adherence to an exercise program and to live a healthy lifestyle
13. demonstrate rapport with peers and demonstrate compliance with standards for professional ethics and competency
14. promote physical, emotional and psychological benefits of a wellness-oriented lifestyle

College Requirements:

Successful completion of CUNY Tests in Reading and Writing and the COMPASS Math Skills Test with passing examination scores, unless otherwise exempt, or developmental courses may be required.

Civic Engagement Experiences:

Two (2) Civic Engagement experiences satisfied by Civic Engagement Certified or Civic Engagement Component courses or approved outside activity.

Writing Intensive Requirement (1 Course, 3 Credits):

One (1) Writing Intensive course in any discipline from any category below is required. Participation in a Learning Community that includes ENG 1200 or ENG 2400 also satisfies this requirement.

Refer to course descriptions for prerequisite, corequisite and/or pre-corequisite requirements

Required Core (4 Courses, 13 Credits):

When Required Core Courses are specified for a category, they are required for the major.

ENG 1200 Freshman English I (3 crs.)

ENG 2400 Freshman English II (3 crs.)

Mathematical & Quantitative Reasoning Course (3 crs.)

Life & Physical Sciences Course – **BIO 1100 –Anatomy and Physiology I (4 crs.)***or

~~**BIO 1200 –Anatomy and Physiology II (4 crs)***~~

*This program has a waiver to require particular courses in the Common Core, otherwise more than the minimum credits for the degree may be necessary.

Flexible Core (6 Courses, 19 Credits):

When Flexible Core Courses are specified for a category, they are required for the major.

One course from each Group A to D. (Group E is satisfied by the courses shown.)

- A. World Cultures and Global Issues Designated Course
- B. U.S. Experience in its Diversity Designated Course
- C. Creative Expression Designated Course
- D. Individual and Society Designated Course
- E. Scientific World Designated Course, if not taken for Required Core
 - ~~BIO 1100 – Anatomy and Physiology I (4 crs.)*~~ or
 - ~~BIO 7000 – Science of Nutrition (3 crs.)~~ or
 - ~~BIO 1200 – Anatomy and Physiology II (4 crs.)*~~
 - ~~PSY 1100 – General Psychology (3 crs.)~~

One Additional Course selected from Group E listed above if not taken for Required or Flexible Core

*This program has a waiver to require particular courses in the Common Core, otherwise more than the minimum credits for the degree may be necessary.

No more than two courses can be selected from the same discipline

Major Requirements (13 Courses, 27 Credits):

- ~~BIO 1100 – Anatomy and Physiology I (4 crs.)~~
- ~~BIO 1200 – Anatomy and Physiology II (4 crs.)~~
- ~~BIO 7000 – Science of Nutrition (3 crs.)~~
- ~~EXS 9000 – Introduction to Personal Training (3 crs.)~~
- ~~EXS XXXX – Introduction to Exercise Science (3 crs.)~~
- ~~EXS 1000 – Kinesiology of Exercise (3 crs.)~~
- ~~EXS 1100 – Physiology of Exercise (3 crs.)~~
- ~~EXS 1200 – Health Risk Appraisal (3 crs.)~~
- EXS 1300 – Fitness Assessment and Program Design (3 crs.)
- EXS 1500 – Lifetime Strength and Flexibility (3 crs.)
- ~~EXS 91X6 – Field Experience in Exercise Science (3 crs.)~~
- HE 2000 – Cardiopulmonary Resuscitation (2 crs.)
- HE 3500 – First Aid and Personal Safety (2 crs.)
- HE 1400 – Critical Issues in Personal Health (1 crs.)
- HE 4200 – Health and Nutrition (3 crs.)
- HE 5000 – Weight Management (2 crs.)
- HPE 1200 – Concepts of Wellness (3 crs.)
- BA 6000 – Introduction to Computer Concepts (3 crs.)

AND

Select ~~one (1)~~ **five (5)** courses from among the following three groups, with no more than **two (2)** course from any group (5 Courses, 5 Credits):

Group I (1 Course, 1 Credit):

- PEC 1900 – Aerobic Dance (1 cr.)
- PEC 200 – Walk, Jog, Run (1 cr.)
- PEC 7100 – High Intensity Fitness Training (1 cr.)**

Group II (1 Course, 1 Credit):

- PEC 3000 – Swimming for Non-Swimmers and Beginners (1 cr.)
- PEC 3300 – Advanced Swimming (1 cr.)
- PEC 6500 – Aqua Exercise (1 cr.)

Group III (1 Course, 1 Credit):

- PEC 2500 – Tai Chi Chuan (1 cr.)
- PEC 2900 – Introduction to Hatha Yoga (1 cr.)
- PEC 5600 – Pilates System of Exercise (1 cr.)
- PEC 2700 – Beginner Karate and Self-Defense (1 cr.)
- PEW 2100 – Personal Self-Defense for Women (1 cr.)

Electives:

Ø 1 credit sufficient to meet required total of 60 credits. *Recommended: A Student Development course or Integrative Seminar course as part of Learning Communities.*

TOTAL CREDITS: 60

PROPOSED

A.S. EXERCISE SCIENCE/PERSONAL TRAINING

ACADEMIC DEPARTMENT: Health, Physical Education and Recreation

HEGIS: 5299.30

PROGRAM CODE: 22486

CHAIRPERSON: Dr. Donald Hume

PROGRAM DIRECTOR: Prof. Christine Fey

OFFICE LOCATION: G-201

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The curriculum presented here applies to students who started the major in Fall 2016 or Spring 2017. If you enrolled as a matriculant prior to that, please see the *College Catalog* for the year you started the major as a matriculant for the curriculum requirements that apply to you.

Consultation with the Program Advisor is required.

Learning Outcomes:

Upon successful completion of the Exercise Science/Personal Training degree program requirements, graduates will:

15. prepare successfully for transfer to a baccalaureate level program in exercise science or a related field
 16. prepare for entry into the personal training job market, or for the establishment of a personal training business
 17. prepare successfully for the certification examinations of prestigious, nationally recognized fitness organizations
 18. exhibit an understanding of the principles of the biological aspects of life as they relate to movement and exercise
 19. communicate effectively and use technology to exchange information necessary for working in a personal training setting
 20. conduct an evaluation consisting of a health appraisal, physical screening and fitness assessment
 21. interpret results to determine client's risk factors, need for medical clearance, and base level of fitness
 22. design safe, effective exercise programs based upon a client's evaluation that meet the needs and goals of the client
 23. instruct and correct individuals on the performance of exercises, with emphasis on safe, biomechanically correct form
 24. maintain a safe environment while conducting personal training activities, and provide first aid or CPR as needed
 25. identify signs and symptoms that call for termination of an exercise session, or the suspension of an exercise program
 26. motivate clients to maintain adherence to an exercise program and to live a healthy lifestyle
 27. demonstrate rapport with peers and demonstrate compliance with standards for professional ethics and competency
 28. promote physical, emotional and psychological benefits of a wellness-oriented lifestyle
-

College Requirements:

Successful completion of CUNY Tests in Reading and Writing and the COMPASS Math Skills Test with passing examination scores, unless otherwise exempt, or developmental courses may be required.

Civic Engagement Experiences:

Two (2) Civic Engagement experiences satisfied by Civic Engagement Certified or Civic Engagement Component courses or approved outside activity.

Writing Intensive Requirement:

One (1) Writing Intensive course in any discipline is required. Participation in a Learning Community that includes ENG 1200 or ENG 2400 also satisfies this requirement.

Refer to course descriptions for prerequisite, corequisite and/or pre-corequisite requirements

Required Core (4 Courses, 13 Credits):

When Required Core Courses are specified for a category, they are required for the major.

ENG 1200 Freshman English I (3 crs.)

ENG 2400 Freshman English II (3 crs.)

Mathematical & Quantitative Reasoning Course (3 crs.)

Life & Physical Sciences Course – **BIO 1100 –Anatomy and Physiology I (4 crs.)*or**

*This program has a waiver to require particular courses in the Common Core, otherwise more than the minimum credits for the degree may be necessary.

Flexible Core (6 Courses, 19 Credits):

When Flexible Core Courses are specified for a category, they are required for the major.

One course from each Group A to D. (Group E is satisfied by the courses shown.)

- A. World Cultures and Global Issues Designated Course
- B. U.S. Experience in its Diversity Designated Course
- C. Creative Expression Designated Course
- D. Individual and Society Designated Course
- E. Scientific World Designated Course, ~~if not taken for Required Core~~
BIO 1200 – Anatomy and Physiology II (4 crs.)*
PSY 1100 – General Psychology (3 crs.)

*This program has a waiver to require particular courses in the Common Core, otherwise more than the minimum credits for the degree may be necessary.

No more than two courses can be selected from the same discipline

Major Requirements (13 Courses, 27 Credits):

EXS XXXX – Introduction to Exercise Science (3 crs.)

EXS 1300 – Fitness Assessment and Program Design (3 crs.)

EXS 1500 – Lifetime Strength and Flexibility (3 crs.)

HE 3500 – First Aid and Personal Safety (2 crs.)

HE 4200 – Health and Nutrition (3 crs.)

HE 5000 – Weight Management (2 crs.)

HPE 1200 – Concepts of Wellness (3 crs.)

BA 6000 – Introduction to Computer Concepts (3 crs.)

AND

Select **five (5)** courses from among the following three groups, with no more than **two (2)** course from any group (5 Courses, 5 Credits):

Group I (1 Course, 1 Credit):

PEC 1900 – Aerobic Dance (1 cr.)

PEC 200 – Walk, Jog, Run (1 cr.)

PEC 7100 – High Intensity Fitness Training (1 cr.)

Group II (1 Course, 1 Credit):

PEC 3000 –Swimming for Non-Swimmers and Beginners (1 cr.)

PEC 3300 – Advanced Swimming (1 cr.)

PEC 6500 – Aqua Exercise (1 cr.)

Group III (1 Course, 1 Credit):

PEC 2500 – Tai Chi Chuan (1 cr.)

PEC 2900 – Introduction to Hatha Yoga (1 cr.)

PEC 5600 – Pilates System of Exercise (1 cr.)

PEC 2700 – Beginner Karate and Self-Defense (1 cr.)

PEW 2100 – Personal Self-Defense for Women (1 cr.)

Electives:

1 credit sufficient to meet required total of 60 credits. *Recommended: A Student Development course or Integrative Seminar course as part of Learning Communities.*

TOTAL CREDITS: 60