

**Exercise Science  
Arts and Sciences AA: 157C  
Total Credits: 60  
Catalog Edition: 2018-2019**

### **Program Description**

This AA area of concentration is designed for the student who wishes to pursue a career in health promotion, fitness, or corporate wellness. An analysis of job markets in fields related to health promotion shows that they are experiencing rapid growth expansion as our society continues to become more aware of the benefits of a healthy lifestyle. This area of concentration has been designed as a transfer program, including a program developed in conjunction with Salisbury University's exercise science degree. This associates degree program is also appropriate for students interested in pursuing a baccalaureate degree in exercise science, health promotion, health education, or kinesiology from another college or university.

Students will acquire knowledge and skills and will develop the abilities to apply theoretical information in practical real-life situations. Emphasis is on an understanding of the human body, health behavior, personal health, lifetime fitness principles and training techniques, nutrition, weight control, stress management, and other related healthy lifestyle topics. Students will learn to assess the different components of health and fitness, and they will acquire skills in the design, implementation, and supervision of healthier lifestyle programs for groups and individuals. Students will also acquire the program assessment and evaluation skills needed for the successful implementation of health behavior change programming.

Completion of the AA requirements in exercise science will prepare students for fitness certifications through nationally recognized professional organizations such as the American College of Sports Medicine. Upon completion of designated courses, students will be eligible to sit for various NCCA approved certifications. Upon completion of the Salisbury University degree, students will be eligible to sit for a variety of CoAES professional certifications including Certified Health Educator Specialist certification, ACSM's Health Fitness Specialist certification, or NCSA's Certified Strength and Conditioning Specialist.

### **Program Outcomes**

Upon completion of this program a student will be able to:

- Define health and describe the dimensions of wellness and a healthy lifestyle while demonstrating the impact of individual health related behaviors on health status.
- Demonstrate knowledge of anatomy, physiology, and biomechanics as it relates to health and exercise programming.
- Describe and utilize current theories of health behavior to facilitate behavior change and program adherence.
- Demonstrate knowledge of the principles of exercise science and the skills necessary to administer appropriate fitness assessments and use the results to design a comprehensive health fitness program.
- Demonstrate knowledge of health fitness instructor's responsibilities, limitations, and the legal complications.

### **Program Advisors**

#### **Rockville**

- **Prof. LaKisha Nickens-Gaither**  
240-567- 7980  
[lakisha.nickens-gaither@montgomerycollege.edu](mailto:lakisha.nickens-gaither@montgomerycollege.edu)

#### **Takoma Park**

- **Prof. Tonya Seed**  
240-567- 1428  
[tonya.seed@montgomerycollege.edu](mailto:tonya.seed@montgomerycollege.edu)

For more information please visit  
<http://cms.montgomerycollege.edu/heespe/>

# **2018-2019 Program Advising Guide**

**An Academic Reference Tool for Students**

# Exercise Science Arts and Sciences AA: 157C

## Suggested Course Sequence

This section is available on the catalog website at

<http://catalog.montgomerycollege.edu/content.php?catoid=9&navoid=1840>

### First Semester

- [BIOL 150 - Principles of Biology I](#) 4 semester hours (NSLD)
- [ENGL 101 - Introduction to College Writing](#) 3 semester hours \*
- [HLTH 220 - Emergency Medical Responder](#) 3 semester hours
- [PHED 206 - Principles and Practices of Health-Related Fitness](#) 3 semester hours

### Third Semester

- [BIOL 212 - Human Anatomy and Physiology I](#) 4 semester hours (NSLD)
- [COMM 108 - Foundations of Human Communication](#) 3 semester hours (GEIR)
- [PHED 230 - Advanced Weight Training: Theory and Program Design](#) 3 semester hours
- [PHED 237 - Fitness Assessment and Programming](#) 3 semester hours
- [PSYC 102 - General Psychology](#) 3 semester hours (BSSD)

### Second Semester

- [HLTH 225 - Introduction to Health Behaviors](#) 3 semester hours (GEIR)
- [MATH 117 - Elements of Statistics](#) 3 semester hours †
- [PHED 228 - Group Fitness Instructor Training](#) 3 semester hours
- English foundation 3 semester hours (ENGF)
- Humanities distribution 3 semester hours (HUMD)††

### Fourth Semester

- [BIOL 213 - Human Anatomy and Physiology II](#) 4 semester hours
- [PHED 240 - Personal Training Techniques](#) 3 semester hours
- [PHED 250 - Prevention and Management of Exercise Injuries](#) 3 semester hours
- [SOCY 100 - Introduction to Sociology](#) 3 semester hours (BSSD)‡
  
- [OR SOCY 243 - The Sociology of Sport](#) 3 semester hours (BSSD)‡
  
- Arts distribution 3 semester hours (ARTD)

**Total Credit Hours: 60**

## Advising Notes

\* [ENGL 101 /ENGL 101A](#) , if needed for [ENGL 102 /ENGL 103](#) . If ENGL 101 is not needed recommended health elective, [HLTH 121](#) .

† MATH 165 or MATH 150 can be taken to fulfill this requirement. (Consult department adviser to determine the appropriate math course.)

††Recommend one of the following if transferring to Salisbury University. [HIST 114](#) , [HIST 116](#) ,or [HIST 117](#)

‡ Meets general education global and cultural perspective.

- Students participating in the articulated curriculum with Salisbury University - Shady Grove need an additional 10 credits that include [HIST 117](#) 6 HLTH credits + 1 PHED credit. ([PHED 166](#) , [HLTH 160](#) + 1 of the following courses-[HLTH 131](#) , [HLTH 170](#) , [HLTH 212](#) , [HLTH 215](#) , or [HLTH 230](#) ) Students must meet with departmental advisers for selection of appropriate general education and professional courses.

**EXERCISE SCIENCE (FORMERLY HEALTH FITNESS), Arts and Sciences AA (R): 157C**Total Credits: 60  
Catalog Editions 17-18 through 18-19

Name:

Date:

ID #:

<b>GENERAL EDUCATION: FOUNDATION COURSES</b>	<b>Course</b>	<b>Hours</b>	<b>Grade</b>
English Foundation (EN 102/ENGL 102 or EN 109/ENGL 103)		3	
Math Foundation <b>CONSULT HLTH FACULTY ADVISOR ABOUT CHOICE</b>			

<b>GENERAL EDUCATION: DISTRIBUTION COURSES</b>	<b>Course</b>	<b>Hours</b>	<b>Grade</b>
Arts Distribution (ARTD)			
Humanities Distribution (HUMD) ††			
Behavioral & Social Sciences Distribution (BSSD)	PY 102/ <b>PSYC 102</b>	3	
Behavioral & Social Sciences Distribution (BSSD) ‡		3	
Natural Sciences Distribution with Lab (NSLD)	BI 107/ <b>BIOL 150</b>	4	
Natural Sciences Distribution with Lab (NSLD) **	BI 204/ <b>BIOL 212</b>	4	
General Education Institutional Requirement (GEIR)	SP 108/ <b>COMM108</b>	3	
General Education Institutional Requirement (GEIR)	HE 200/ <b>HLTH 225</b>	3	

<b>PROGRAM REQUIREMENTS</b>	<b>Course</b>	<b>Hours</b>	<b>Grade</b>
ENGL 101 or ENGL 101A (if needed for ENGL 102/103 or HLTH Elective, HLTH 121*)			
	BI 205/ <b>BIOL 213</b>	4	
	HE 205/ <b>HLTH 220</b>	3	
	PE 202/ <b>PHED 206</b>	3	
	PE 228/ <b>PHED 228</b>	3	
	PE 230/ <b>PHED 230</b>	3	
	PE 237/ <b>PHED 237</b>	3	
	PE 238/ <b>PHED 240</b>	3	
	PE 250/ <b>PHED 250</b>	3	

**Overall GPA of 2.0 is required to graduate**Total Credits: 

\* ENGL 101/ENGL 101A, if needed for ENGL 102/ENGL 103. If ENGL 101 is not needed recommended health elective, HLTH 121 .

[Health Enhancement, Exercise Science, & Physical Education Website](#)

† MATH 165 or MATH 150 can be taken to fulfill this requirement. (Consult department adviser to determine the appropriate math course.) *Students should consult with a Health Departmental adviser (LaKisha Nickens-Gaither, [lakisha.nickens-gaither@montgomerycollege.edu](mailto:lakisha.nickens-gaither@montgomerycollege.edu)) before selecting electives.*

Advising Worksheet  
Contact: [Anthony Solano](#)

Last Modified: July 2018

‡ Meets general education global and cultural perspective.

†† Recommend one of the following if transferring to Salisbury University. HIST 114 , HIST 116, or HIST 117

See an [advisor](#) to submit an [Application for Graduation](#) the semester **BEFORE** you intend to graduate.

**Students participating in the articulated curriculum with Salisbury University - Shady Grove need an additional 10 credits that include HIST 117, 6 HLTH credits + 1 PHED credit. (PHED 166, HLTH 160 + 1 of the following courses-HLTH 131, HLTH 170, HLTH 212, HLTH 215, or HLTH 230). Students must meet with departmental advisers for selection of appropriate general education and professional courses.**

**This statement has been updated since the publication of the 2017-2018 Montgomery College Catalog at the request of the department.**

**This UNOFFICIAL document is for planning purposes ONLY and completion does not guarantee graduation.**

## Transfer Opportunities

Montgomery College has partnerships with multiple four-year institutions and the tools to help you transfer. To learn more please visit:

<http://cms.montgomerycollege.edu/Transfer/> or  
<http://artsys.usmd.edu/>

### Salisbury University - Shady Grove

#### Campus (MD)

- A.S. Arts and Science, Exercise Science to B.S. Exercise Science

## Get Involved at MC!

Employers and Transfer Institutions are looking for experience outside the classroom.

## MC Student Clubs and Organizations

<https://cms.montgomerycollege.edu/edu/plain.aspx?id=2439>

## Related Careers

Personal Trainer/Manager  
Group Fitness Instructor/Manager  
Fitness Specialist – Corporate Fitness  
General Manager – Commercial Fitness  
Wellness Director

## Career Services

<http://www.montgomerycollege.edu/career>

## Career Coach

A valuable online search tool that will give you the opportunity to explore hundreds of potential careers or job possibilities in Maryland and the Washington D.C. metropolitan area.

Get started today on your road to a new future and give it a try. Visit the website listed below:

<https://montgomerycollege.emsicareercoach.com>

## Notes: