

## EXERCISE SCIENCE AREA OF CONCENTRATION, ARTS AND SCIENCES AA: 157C

Total Credits: 60

Catalog Edition: 2022-2023

### Program Description

(R): 157C

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 associate's 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 Certified Exercise Physiologist 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.
- Design a comprehensive health fitness program using the principles of exercise science and the skills necessary to administer appropriate fitness assessments.
- Demonstrate knowledge of exercise professional'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/Silver Spring

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

To view the Advising Worksheet, please visit <https://www.montgomerycollege.edu/documents/counseling-and-advising/advising-worksheets/current-catalog/157c.pdf>

2022-2023

# Program Advising Guide

An Academic Reference Tool for Students

157C

EXERCISE SCIENCE AREA OF CONCENTRATION, ARTS AND SCIENCES  
ASSOCIATE OF ARTS: 157C

# EXERCISE SCIENCE AREA OF CONCENTRATION, ARTS AND SCIENCES AA: 157C

## Suggested Course Sequence

A suggested course sequence for full-time students follows. All students should review this advising guide and consult an advisor.

### First Semester

ENGL 101 - Introduction to College Writing *3 semester hours* \*

BIOL 150 - Principles of Biology I *4 semester hours* (NSLD)

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

English Foundation *3 semester hours* (ENGF)

MATH 117 - Elements of Statistics *3 semester hours* (MATF) †

HLTH 225 - Introduction to Health Behaviors *3 semester hours* (GEIR)

PHED 228 - Group Fitness Instructor Training *3 semester hours*

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

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

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

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

‡ Meets general education global and cultural perspective.

Students participating in the articulated curriculum with Salisbury University @ Shady Grove need an additional 7 credits that include PHED 166, HLTH 160, and one of the following health courses: HLTH 131, HLTH 170, HLTH 212, or HLTH 215. Students must meet with departmental advisors for selection of appropriate general education and professional courses.

## Transfer Opportunities

Montgomery College has partnerships with multiple four-year institutions and the tools to help you transfer. To learn more, please visit <https://www.montgomerycollege.edu/transfer> or <http://artsys.usmd.edu>.

## Get Involved at MC!

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

MC Student Clubs and Organizations: <https://www.montgomerycollege.edu/life-at-mc/student-life/>

## Related Careers

Some require a Bachelor's degree.

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

## Career Services

Montgomery College offers a range of services to students and alumni to support the career planning process. To learn more, please visit <https://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. For more information, please visit <https://montgomerycollege.emsicc.com>

## Notes:

For more information please visit <https://www.montgomerycollege.edu/academics/programs/health-enhancement-exercise-science-and-physical-education/exercise-science-aa-degree.html>