



A.A. in Arts and Sciences – Exercise Science Area of Concentration

CATALOG YEAR
2025-2026



B.S. in Health Science – Exercise Science/Strength and Conditioning specialization

MONTGOMERY COLLEGE Requirements for Associate's Degree		Marymount University Requirements for Bachelor's Degree	
3	ENGL101 Introduction to College Writing*	3	EN 101 Composition I (required for all students)
3	MATH117 Elements of Statistics (MATF) †	3	MA 132 Statistical Analysis (required for HS Exercise Sci. majors)
3	HLTH 220 Emergency Medical Responder	3	HPR 210 First Aid and Safety (1 credit) and HPR 900 HPR Transfer Elective (2 credits) (HPR 210 is required for HS Exercise Sci. majors)
3	PHED 206 Principles and Practices of Health-Related Fitness	3	HPR 201 Intro Health & Exercise Science (required for HS Exercise Sci. majors)
3	English Foundation - ENGL102 Critical Reading, Writing, and Research (ENGF)	3	EN 102 Composition II (required for all students)
4	BIOL 150 - Principles of Biology I (NSLD)	4	BIO 151 General Biology I and BIO 151L General Biology I Lab (required for HS Exercise Sci. majors)
3	HLTH 225 - Introduction to Health Behaviors (GEIR)	3	HPR 225 Health Psychology (required for HS Exercise Sci. majors)
3	PHED 228 - Group Fitness Instructor Training	3	HPR 900 HPR Transfer Elective (general elective)
3	Humanities Distribution (HUMD)	3	See list in MU notes
4	BIOL 212 Human Anatomy and Physiology I (NSLD)	4	BIO 161 Anatomy & Physiology I and BIO 161L Anatomy & Physiology I Lab (required for HS Exercise Sci. majors)
3	COMM 108 Foundations of Human Communication (GEIR)	3	COMM 900 COMM Transfer Elective (general elective)
3	PHED 230 Advanced Weight Training: Theory and Program Design	3	HPR 307 Strength and Conditioning of Athletes (required for HS Exercise Sci. majors)
3	PHED 237 Fitness Assessment and Programming	3	HPR 302 Fitness and Health Assessment (required for HS Exercise Sci. majors)
3	PSYC 100 General Psychology (BSSD)	3	PSY 101 General Psychology (LAC SS)
4	BIOL 213 Human Anatomy and Physiology II	4	BIO 162 Anatomy & Physiology II and BIO 162L Anatomy & Physiology II Lab (required for HS Exercise Sci. majors)
3	PHED 240 Personal Training Techniques	3	HPR 300SL Essentials of Personal Training (required for HS Exercise Sci. majors)
3	PHED 250 Prevention and Management of Exercise Injuries	3	HPR 460 Sports Medicine (required for HS Exercise Sci. majors)
3	SOCY 100 Introduction to Sociology <u>or</u> SOCY 243 The Sociology of Sport	3	SOC 131 Principles of Sociology in a Global Perspective <u>OR</u> SOC 901 SOC Transfer Elective (SS requirement)
3	Arts Distribution (ARTD)	3	See list in MU notes
60	TOTAL CREDITS	60	
REMAINING MARYMOUNT UNIVERSITY DEGREE REQUIREMENTS UPON TRANSFER WITH ASSOCIATE'S DEGREE			
	TRS 100 Theological Inquiry (TRS) core course (remaining Liberal Arts Core requirement, assuming student has completed AA degree from Montgomery College)		3
	HPR 115 Medical Terminology		3
	HPR 202 Exercise Physiology		3
	HPR 301 Health/Fitness Program Mgt		3
	HPR 304 Dev. Physical Training Programs		3
	HPR 311 Anatomical Kinesiology		3
	HPR 340 Fitness and Nutrition for Weight Management		3
	HPR 399 - Professional Development for Health Sciences		3
	HPR 415 Clinical Concepts and Practice in Cardiovascular Disease		3
	PSY 110 Human Growth and Development		3
	HPR 400 Senior Internship		3
	HPR 406 Stress Management		3
	Health and Human Performance Activity Elective		1
	PSY 110 Human Growth and Development		3
	General Electives		20
	TOTAL CREDITS REMAINING AT MARYMOUNT UNIVERSITY		60

MONTGOMERY COLLEGE NOTES

* ENGL 101/ENGL 101A, if needed for ENGL 102/ENGL 103. If ENGL 101/101A 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).

MARYMOUNT UNIVERSITY NOTES

Students that complete the Associate of Arts degree at Montgomery College will be considered core complete at Marymount University, with the exception of one core course in theology (TRS 100). Students that do not complete the Associate of Arts degree at Montgomery College will need to complete additional courses to fulfill Marymount's Liberal Arts Core requirements.

ARTD/GEIR courses: ARTT 100, ARTT 102, ARTT 120, ARTT 123, ARTT 127, ARTT 200, ARTT 201, ARTT 270, ARTT 272, DANC 100, ENGL 264, ENGL 272, ISTD 173, MUSC 110, MUSC 117, MUSC 125, MUSC 131, MUSC 184, THET 110

HUMD/GEIR courses: ENGL 122, ENGL 190, ENGL 201, ENGL 202, ENGL 205, ENGL 208, ENGL 211, ENGL 212, ENGL 213, ENGL 214, ENGL 226, ENGL 227, ENGL 230, ENGL 233, HIST 112, HIST 114, HIST 116, HIST 117, HIST 146, HIST 147, HIST 148, HIST 200, HIST 201, HIST 205, HIST 211, HIST 228, HIST 235, HIST 236, HIST 240, HIST 245, HIST 247, HIST 250, HIST 252, HIST 262, HIST 263, HIST 265, HIST 266, PHIL 101, PHIL 140, PHIL 143

Certain HPR courses completed at Marymount have a minimum grade requirement. Please see the catalog for more information.