



**A.A. in Arts and Sciences -  
Exercise Science area on concentration**



CATALOG YEAR:  
2026-27

**B.S. in Exercise Science - Health Fitness  
Track/Clinical Track**

CREDITS	MONTGOMERY COLLEGE Requirements for Associate's Degree	UMES Requirements for Bachelor's Degree
3	ENGL 101 Introduction to College Writing	ENGL 101 Principles of Composition I
3	MATH 117 Elements of Statistics (MATF) †	MATH 210 Elementary Statistics
3	HLTH 220 Emergency Medical Responder	Elective
3	PHED 206 Principles and Practices of Health-Related Fitness	EXSC 111 Personal Health Fitness in Diverse Social Context
3	ENGL 102 or ENGL 103 (ENGF)	ENGL 102 Principles of Composition II
4	BIOL 150 Principles of Biology I (NSLD)	BIOL 111/ 113 Principles of Biology I w/Lab
3	HLTH 225 Introduction to Health Behaviors (GEIR)	EXSC 252 Sports Psychology
3	PHED 228 Group Fitness Instructor Training	EXSC 202 Personal and Community Health
3	Humanities Distribution (HUMD)	Humanities course
4	BIOL 212 Human Anatomy and Physiology I (NSLD)	BIOL 231/233 Human Anatomy and Physiology I w/Lab
3	COMM 108 Foundations of Human Communication	ENGL 203 Foundations of Interpersonal Communications
3	PHED 230 Advanced Weight Training: Theory & Program Design	EXSC 222 or EXSC 223 or EXSC 224 with Elective
3	PHED 237 Fitness Assessment and Programming	EXSC 355 Exercise Testing and Prescription
3	PSYC 100 General Psychology (BSSD)	PSYC 100 Introduction to Psychology
4	BIOL 213 Human Anatomy and Physiology II	BIOL 232/234 Human Anatomy and Physiology II w/Lab
3	PHED 240 Personal Training Techniques	EXSC 200 Introduction to Exercise Science
3	PHED 250 Prevention and Management of Exercise Injuries	EXSC 302 Sport Medicine and First Aid
3	SOCY 100 or SOCY243 ‡	SOCI 101 Introduction to Sociology
3	Arts Distribution (ARTD)	Arts course
<b>60</b>	<b>TOTAL CREDITS</b>	
<b>REMAINING UMES DEGREE REQ RECOMMENDED SEQUENCE UPON TRANSFER WITH ASSOCIATE'S DEGREE</b>		
	ENGL 305 Technical Writing	3
	BUAD 212 Business Software Applications or BUED 213 Computer Concepts/Applications	3
	BIOL 112 Principles of Biology II and BIOL 114 Principles of Biology II Lab	4
	MATH 109 College Algebra	3
	JEDI Course^	3
	EXSC 265 Contemporary Issues in Kinesiology or EXSC 382 Socio-Cultural Aspects of Sport	3
	EXSC 411 Applied Kinesiology	3
	EXSC 332 Exercise Physiology	3
	EXSC 445 Health Aspects of Aging	3
	EXSC 455 Health Fitness Management	3
	EXSC 464 Adult Health Fitness Programming	3
	EXSC 475 Advanced Strength and Conditioning	3
	EXSC 490 Internship of Kinesiology	3
	CHEM 111 Principles of Chemistry I and CHEM 113 Principles of Chemistry I Lab	4
	ACCT 200 College Accounting	3
	BUAD 132 Introduction of Business	3
	DMST 210 Writing for Public Communication	3
	PHYS 121 General College Physics I and PHYS 123 General College Physics I Lab	4
	PSYC 205 Development Psychology	3
<b>TOTAL CREDITS REMAINING AT UMES</b>		<b>60</b>

**MONTGOMERY COLLEGE NOTES**

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

‡ AA and AS programs require one global and cultural perspectives (GCP) General Education course.

**UMES NOTES**

^Choose from: BUAD 311, CRJS 455, DMST 440, ENGL 348, ENGL 359, EXSC 111, EXSC 265, EXSC 385, HUEC 230