

# EXERCISE SCIENCE & PERSONAL TRAINING

## Associate of Science Degree

### **Program Description**

The Exercise Science & Personal Training program is designed for students who wish to continue their education in the field of exercise and fitness. Whether one chooses to train clients, work for a non-profit health related organization, or participate in health and fitness research, this program will allow students the opportunity to hone their skills as fitness professionals; develop their interpersonal communication and critical thinking skills; and become familiar with basic management principles that will aid them in forging a career in the fitness industry.

The Exercise Science/Personal Training Program is designed for students who wish to work toward American Council on Exercise (ACE) certification as well as those who anticipate transferring to a Baccalaureate Degree-granting institution. The course of study is interdisciplinary and includes the College general education curriculum; courses specific to exercise, fitness, health care, business administration, as well as general liberal arts. The academic offerings of this program range from advanced fitness training courses that offer valuable, practical field experience to foundation courses and electives that will create the framework for further academic study.

### **Program Outcomes**

At the completion of this program, the student should be able to:

- Name basic medical terms as they relate to the clients' past medical history.
- Summarize the basic anatomy and physiology of the human body.
- Demonstrate the ability to write professionally.
- Demonstrate the ability to verbally communicate the principles and benefits of exercise and physical fitness effectively.
- Discuss the role and functions of personal trainer/exercise professionals.
- Discuss the ethical issues related to the field of personal training/physical fitness.
- Compare the traditional biomedical model of healthcare with a preventative/wellness model.
- Analyze fitness regimens.
- Design personalized training protocols for all ages (youth to adult); fitness level (novice to advanced); and levels of health.
- Implement personalized training protocols for all ages (youth to adult), fitness level (novice to advanced); and levels of health.

General Education Requirements – see p. 98	Credits
<b>25 credits total</b>	
BIO 111 General Biology I w/lab	4 credits
Computer Science	3 credits
ENG 101 English Composition I	3 credits
ENG 102 English Composition II <sup>1</sup>	3 credits
History/Government	3 credits
IDS 167 First Year Seminar	3 credits
Math	3 credits
Social Science/Psychology	3 credits

Program Requirements – 37 credits total	Credits
BIO 131 Anatomy & Physiology I w/lab <sup>1</sup>	4 credits
EXS 101 Health Appraisal & Fitness Assessment	3 credits
EXS 102 Muscular & Cardiovascular Fitness	3 credits
EXS 115 Injury Prevention, Flexibility, & Functional Training	3 credits
EXS 116 Strength Training & Endurance Exercise	3 credits
EXS 119 Bioenergetics & Biomechanics	3 credits
EXS 150 Nutrition for Fitness	3 credits
EXS 201 Youth & Senior Fitness <sup>1</sup> (F)	3 credits
EXS 202 Exercise Program Design <sup>1</sup> (S)	3 credits
EXS 204 Advanced Training Programs <sup>1</sup> (S)	3 credits
EXS 206 Fitness Facility Management (F)	3 credits
Program elective (see below)	3 credits

**Total credits required for graduation** 62 credits

Program Electives	Credits
BUS 101 Fundamentals to Business	3 credits
BUS 202 Principles of Customer Service (F)	3 credits
HPS 101 Principles in Health Promotion and Wellness (F)	3 credits
HPS 102 Community and Public Health (S)	3 credits
HPS 103 Key Issues in Health Promotion and Wellness (F)	3 credits
MGT 230 Entrepreneurship Small Business Management <sup>1</sup> (S)	3 credits
MKT 202 Principles of Marketing <sup>1</sup> (F)	3 credits
PSY 230 Sports Psychology (S)	3 credits
EXP 297 Internship I	3 credits

### **Additional Information**

1. Indicates course requires the completion of a prerequisite.

Note: All classes are offered in the fall and the spring unless otherwise designated:

F=Class is only offered in the Fall

S=Class is only offered in the Spring

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Semester 1	Credits	Pre-Requisites
BIO 111 General Biology I w/lab	4 credits	
EXS 101 Health Appraisal & Fitness Assessment	3 credits	
EXS 102 Muscular & Cardiovascular Fitness	3 credits	
EXS 150 Nutrition for Fitness	3 credits	
IDS 167 First Year Seminar	3 credits	
<b>Total</b>	<b>16 credits</b>	

Semester 2	Credits	Pre-requisites
BIO 131 Anatomy & Physiology I w/lab	4 credits	BIO 111
EXS 115 Injury Prevention, Flexibility, & Functional Training	3 credits	
EXS 116 Strength Training & Endurance Exercise	3 credits	
EXS 119 Bioenergetics & Biomechanics	3 credits	
Math	3 credits	
<b>Total</b>	<b>16 credits</b>	

Semester 3	Credits	Pre-requisites
Computer Science	3 credits	
ENG 101 English Composition I	3 credits	
EXS 201 Youth & Senior Fitness	3 credits	EXS 102 & EXS 116
EXS 206 Fitness Facility Management	3 credits	
History/Government	3 credits	
<b>Total</b>	<b>15 credits</b>	

Semester 4	Credits	Pre-requisites
ENG 102 English Composition II	3 credits	ENG 101
EXS 202 Exercise Program Design	3 credits	EXS 102 & EXS 116
EXS 204 Advanced Training Programs	3 credits	EXS 102 & EXS 116
Program Elective	3 credits	
SOC 112 Interpersonal Communications	3 credits	
<b>Total</b>	<b>15 credits</b>	

### Semester Path:

Recommended course of study for a full-time student. It is recommended that students speak to an Academic Advisor before registering for courses each semester.

### Student Resources:

#### Academic Advising

617-984-1720

#### Dean's Office of Arts and Sciences & Professional Programs

617-405-5920

#### Dean's Office of Allied Health

617-405-5960

#### Dean's Office of Nursing

617-405-5990

#### Financial Aid Office

617-984-1620

#### Registrar's Office

617-984-1650

#### Student Accessibility and Academic Support Services

617-405-5915