

EXERCISE AND HEALTH SCIENCE

Associate of Science Degree

Quincy College | Academic Division

Program Description

The Associate of Science in Exercise and Health Science provides students with a strong foundation in the scientific principles that support physical activity, health, and human performance. The curriculum integrates classroom learning with applied laboratory experiences in anatomy, physiology, nutrition, movement analysis, and exercise prescription. Students develop the skills to evaluate fitness levels, design safe and effective exercise programs, and apply evidence-based strategies to promote lifelong health and wellness. Emphasis is placed on professionalism, communication, and ethical practice within diverse communities and clinical environments. Graduates are prepared for entry-level employment in fitness, health promotion, and wellness settings, as well as transfer to bachelor's degree programs in exercise science, health science, or related allied health disciplines.

Program Outcomes

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

- Apply foundational principles of anatomy, physiology, and biomechanics to understand human movement, exercise response, and physical adaptation.
- Conduct evidence-based health and fitness assessments—including cardiovascular, muscular, flexibility, and body composition testing
- Design, implement, and evaluate safe and effective exercise and health programs that promote fitness, prevent disease, and enhance quality of life for diverse populations.
- Integrate behavioral, nutritional, and lifestyle strategies to support long-term physical activity adherence and chronic disease prevention.
- Demonstrate clinical reasoning and professional judgment in applying and adapting exercise interventions for apparently healthy individuals and those with controlled health conditions.
- Collect, analyze, and interpret client data and monitor progress using technology and outcome-based documentation tools.
- Demonstrate effective communication, ethical conduct, and cultural competence when working with clients, colleagues, and interdisciplinary healthcare teams.
- Critically evaluate research and apply evidence-based findings to inform safe, current practice in exercise and health science.
- Exhibit leadership, teamwork, and advocacy skills in promoting physical activity, wellness, and healthy behaviors within community and professional settings.
- Prepare to take professional certifications and continued studies aligned with ACSM, NSCA, or related professional organizations.

ADDITIONAL INFORMATION

(*) 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

Course / Credit Information

General Education Requirements 25 credits	Credits
CSI 101 Introduction to Computers	3 credits
ENG 101 English Composition I	3 credits
ENG 102 English Composition II*	3 credits
History/Government	3 credits
IDS 169 Health Science First Year Seminar	3 credits
Math	3 credits
BIO 111 General Biology w/lab	4 credits
Social Science/Psychology	3 credits

Program Requirements 38 - 39 credits	Credits
BIO 131 Anatomy & Physiology I w/lab ¹	4 credits
EXS 103 Foundations of Exercise & Health Science	3 credits
EXS 112 Exercise Testing & Prescription*	3 credits
EXS 117 Functional Anatomy & Movement*	3 credits
EXS 122 Resistance & Cardiovascular Training*	3 credits
EXS 151 Nutrition for Health & Performance*	3 credits
EXS 209 Health Promotion & Community Wellness*	3 credits
EXS 220 Mobility & Injury Prevention	3 credits
EXS 250 Special Population & Clinical Exercise*	3 credits
EXS 299 Practicum in Exercise & Health Science*	4 credits
Program Electives (must take 2, see below)	6-7 credits

Total credits required for graduation 63 – 64 credits

Program Electives	Credits
EXS 205 Wellness Program Management & Leadership*	3 credits
EXS 207 Technology & Data in Exercise Science*	3 credits
EXS 228 Performance Enhancement & Human Movement Analysis*	3 credits
BUS 202 Principles of Customer Service	3 credits
PSY 221 Health Psychology	3 credits
PSY 230 Sports Psychology (S)	3 credits
BIO 132 Anatomy & Physiology II w/lab	4 credits

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COURSE FLOW

Semester 1	Credits	Pre-Requisites
ENG 101 English Composition I	3 credits	
IDS 169 Health Science First Year Seminar	3 credits	
EXS 103 Foundations of Exercise & Health Science	3 credits	
BIO 111 General Biology	4 credits	
EXS 151 Nutrition for Health & Performance ¹	3 credits	
Total	16 credits	

Semester 2	Credits	Pre-Requisites
BIO 131 Anatomy & Physiology I w/lab	4 credits	BIO 111
EXS 112 Exercise Testing & Prescription ¹	3 credits	EXS 103
EXS 117 Functional Anatomy & Movement	3 credits	EXS 103, Pre req/coreq BIO 131
ENG 102 English Composition II	3 credits	ENG 101
Computer Science	3 credits	
Total	16 credits	

Semester 3	Credits	Pre-Requisites
EXS 122 Resistance & Cardiovascular Training ¹	3 credits	EXS 112
EXS 209 Health Promotion & Community Wellness	3 credits	EXS 103
EXS 220 Mobility & Injury Prevention	3 credits	EXS 112, EXS 122
EXS 250 Special Population & Clinical Exercise	3 credits	EXS 112
Math	3 credits	
Total	15 credits	

Semester 4	Credits	Pre-Requisites
EXS 299 Practicum in Exercise & Health Science	4 credits	EXS 122, 209, 220, 250
History/Government	3 credits	
Social Science/Psychology	3 credits	
Program Electives	3 credits	
Program Electives	3 – 4 credits	
Total	16 – 17 credits	

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 Liberal Arts & Professional Programs
617-405-5920

Dean's Office of Allied Health & Natural Science
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