

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE
EXERCISE AND SPORTS SCIENCE ASSOCIATE OF SCIENCE DEGREE (A.S.)

The Exercise and Sports Science Associate of Science Degree is designed to prepare students to work in the health and fitness industry. This degree offers students an exceptional learning opportunity in the basic sciences as well as application to the fields of sport, health and exercise. The A.S. degree would prepare students for national certification in professional organizations in the field of exercise science and allow for transfer into an exercise science or physical education major. Students will have on-campus opportunities working in the campus fitness center. The knowledge and skills gained in this program will enhance the graduate's success in securing jobs in the fitness, exercise science, physical therapy and physical education fields.

While the courses required in the Exercise and Sports Science Associate of Science Degree will fulfill many of the lower division major requirements for a degree in the Exercise Sciences or Physical Education at many college and universities, students are advised to meet with a counselor to assess the course requirement for specific institutions.

Upon completion of this program, students are encouraged to take one of the national certification examinations. The two recommended certification agencies are the American College of Sports Medicine's (ACSM) and the American Council on Exercise (ACE). ACSM offers certification as a Health-Fitness Instructor (**ACSM – HFI**). The American Council on Exercise (ACE) provides certification as a **Personal Trainer or Group Fitness Instructor**.

To graduate each student must complete FRYR 1315 Freshman Year Experience course.

Program Requirements

<u>Course #</u>	<u>Course Title</u>	<u>Credits</u>
HLTH 1415	Treatment of Sports Injuries	3
HLTH 1459	Introduction to Wellness	3
HLTH 1657	Responding to Emergencies	2
HLTH 2459	Introduction to Nutrition	3
PHED 1415	Weight Training	1
PHED 1418	Physical Fitness	1
Choose one of the following (check with transferring institution)		3
PHED 1489	Introduction to Physical Education	3
PHED 2415	Introduction to Exercise Science	3
PHED 2416	Current Issues in Exercise Science	3
PHED 2417	Exercise and Fitness Assessment	3
PHED 2418	Group and Individual Exercise Instruction	3
PHED 2425	Social and Ethical Aspects of Sport and Physical Activity	3
PHED 2426	Psychology of Sport and Physical Activity	3

31 credits

General Education Requirements

<u>Course #</u>	<u>Course Title</u>	<u>Credits</u>	<u>MnTC</u>
BIOL 1545	Human Biology	4	3
BIOL 2551	Human Anatomy and Physiology I	4	3
BIOL 2552	Human Anatomy and Physiology II	4	3
PSYC 2551	General Psychology	4	5
ENGL 1511	College Writing I	4	1
SOC 1555	Introduction to Sociology	3	5/7
SPCH 1565	Interpersonal Communication	3	1

General Education Electives

Students must select courses from at least two of the following
MnTC Goal Areas 4, 6, 8, 9, or 10.

33 credits

Total Program

64 Credits

EXERCISE SCIENCE A.S. DEGREE ACADEMIC PLANNER

FALL FIRST YEAR

HLTH 1459	Introduction to Wellness	3
PHED 1418	Physical Fitness	1
PHED 2426	Psychology of Sport and Physical Activity	3
PHED 2425	Social and Ethical Aspects of Sport and Physical Activity	3
ENGL 1511	College Writing I	4
SOC 1555	Introduction to Sociology	3
Total Credits		17

SPRING FIRST YEAR

HLTH 1415	Treatment of Sports Injuries	3
HLTH 2459	Introduction to Nutrition	3
Choose one of the following		3
PHED 1489	Introduction to Physical Education	3
PHED 2415	Introduction to Exercise Science	3
PHED 1415	Weight Training	1
BIOL 1545	Human Biology	4
Total Credits		14

FALL SECOND YEAR

HLTH 1657	Responding to Emergencies	2
PHED 2417	Exercise and Fitness Assessment	3
PSYC 2551	General Psychology	4
BIOL 2551	Human Anatomy and Physiology I	4
Elective in MnTC Goal Areas 4, 6, 8, 9 or 10		3
Total Credits		16

SPRING SECOND YEAR

PHED 2416	Current Issues in Exercise Science	3
PHED 2418	Group and Individual Exercise Instruction	3
SPCH 1565	Interpersonal Communication	3
BIOL 2552	Human Anatomy and Physiology II	4
Elective in MnTC Goal Areas 4, 6, 8, 9 or 10		4
Total Credits		17