

KINESIOLOGY – EXERCISE SCIENCE



- This is a suggested **MAP** for students interested in this **FIELD**. It does not represent a contract or guarantee course availability.
- Following the **MAP** provides students with the best chance for course transferability.
- This **MAP** is designed for full-time students, but the suggested courses apply to all! Customize a path by **ADDING** semesters, including **SUMMER**.

Choose ONE course from each row unless otherwise indicated

Semester 1	Core42?	Credits	Notes
EXS-100: Intro to Exercise Science		3	
EXS-110: Intro to Exercise Physiology		3	
PHE-241: Principles of Human Nutrition or PHE-242: Intro to Nutrition		3	
PHE-112: Weight Training I		1	
PHE-230: Healthful Living or PHE-215: Personal Wellness		3	
COL-101: College Success Seminar		1	
Semester Hours: 14/Cumulative Hours: 14			
Semester 2	Core42?	Credits	Notes
EXS-200: Muscular Fitness Assessment/Program Design		2	
EXS-205: Flexibility and Balance Assessment/Program Design		2	
EXS-210: Cardiorespiratory Fitness Assessment/Program Design		2	
EXS-215: Weight Management & Motivation Assessment/Program Design		2	
EXS-220: Resistance Training & Recovery Techniques		3	
EXS-225: Cardiorespiratory Flexibility Training		3	
PHE: 243: Nutrition for Special Populations		2	
Semester Hours: 16/Cumulative Hours: 30			
Semester 3	Core42?	Credits	Notes
MAT-121: Intermediate Algebra or MAT-157: College Statistics	Yes	3-4	
BIO-250A/B: Human Anatomy & Physiology I & Lab	Yes	4	
ENG-101: English Comp I or ENG-102: English Comp II	Yes	3	Additional courses may be available. See pg. 2
CHM-101: Intro to Chemistry & CHM-103: Intro to Chemistry Lab	Yes	4	
Semester Hours: 14-15/Cumulative Hours: 44-45			
Semester 4	Core42?	Credits	Notes
COM-101: Intro to Communications or COM-110: Interpersonal Communications	Yes	3	Additional courses may be available. See pg. 2
HIS-101: U.S. History to 1877 or POL-101: American Government	Yes	3	Additional courses may be available. See pg. 2
PHE:275: Sport & Exercise Science Psychology		3	
PHE:220: Stress Management		3	
BIO-251A/B: Human Anatomy & Physiology II & Lab		4	
PHE-210: First Aid & Safety or PHE-211: CPR/AED		1-2	Move to end of second semester if student wishes to complete CA while working toward AAS
Semester Hours: 17-18/Cumulative Hours: 61-63			
Semester 5	Core42?	Credits	Notes
Semester Hours: 0/Cumulative Hours: 0			

Pathway Considerations

Kinesiology – Exercise Science: Info and Requirements

- <https://www.stchas.edu/academics/departments/Kinesiology> or visit www.stchas.edu/Pathways
- The courses listed are a suggested course sequence. Other elective or general education courses may be available. Please contact the Department, Academic Advising or see the academic catalog for additional information.
- Student must make a minimum grade of “C” on all coursework.
- It is strongly advised that students take PHE-210 or PHE-211 in their last semester before graduation.

Some Important Things About Pathways...

1. Before **registering** for courses, make an appointment with an **Academic Advisor**. They will help make sure you're taking the right courses and sticking to your path.
2. For course descriptions, visit <https://www.stchas.edu/academics/course-descriptions>
3. To organize courses for your upcoming semesters or to register online, visit the **Student Planning App** in the SCC Portal.
4. The order in which you take your courses may be important. Please check with your **Academic Advisor** to make sure you're not forgetting about course **prerequisites**.
5. If you have questions about your Financial Aid eligibility, contact a **Financial Aid Counselor**.
6. The courses in this map were hand-selected to help you achieve your educational goals, which often includes **course transfer**. SCC does its best ensure all courses **transfer**, though transferability is always up to the transfer institution. (See Core42 for exceptions to this rule.)
7. The simplest plan is for you to **stick to the path**. Changes to maps can be made, but please speak with an advisor, a teacher, and/or potential transfer institutions to ensure your substitutions fit your educational goals and needs.
8. Finding a career interest can help you find your Pathway. Consider visiting **Career Services**—they can help!
9. If you're interested in jobs based in Manufacturing & Industry, contact **Workforce Development**.

Questions about your Pathway?

Career Questions	Career Services · 636-922-8244 · SCM (ADM) 1200
Advising Questions	Academic Advising · 636-922-8241 · SCM (ADM) 1200
Financial Aid Questions	Financial Aid · 636-922-8601 · SCM (ADM) 1113
Jobs in Industry or Manufacturing	Workforce Development · 636-922-8474 · HUM 103
Nursing & Allied Health Advising	Email: alliedhealth@stchas.edu · CHL 126/127

For more information on Pathways, visit www.stchas.edu/Pathways