

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**.

nester 1 Core42? C EXS-100: Intro to Exercise Science EXS-110: Intro to Exercise Physiology P EXS-110: Intro to Exercise Physiology P PHE-241: Principles of Human Nutrition or PHE-242: Intro to Nutrition P PHE-211: Weight Training I P PHE-230: Healthful Living or PHE-215: Personal Wellness C COL-101: College Success Seminar Semester Hours: 14/Cumulative Hours: 14 nester 2 Core42? C EXS-200: Muscular Fitness Assessment/Program Design EXS-200: Secons Seminar EXS-200: Cardiorespiratory Fitness Assessment/Program Design EXS-201: Cardiorespiratory Fitness Assessment/Program Design EXS-201: Exsibility and Balance Assessment/Program Design EXS-202: Resistance Training & Recovery Techniques EXS-202: Resistance Training & Recovery Techniques EXS-202: Resistance Training & Recovery Techniques EXS-202: Resistance Training & Recovery Techniques EXS-203: Human Anatomy Flexibility Training P P P DiO-250A/B: Human Anatomy & Physiology I & Lab Yes P EIO-250A/B: Human Anatomy & Physiology I & Lab Yes P EIO-250A/B: Human Anatomy & CHM-103: Intro to Chemistry Lab Yes P EIS-251: English Comp I or ENG-102: English Comp	dicated	
EXS-110: Intro to Exercise Physiology Image: Constant State St	Credits	Notes
PHE-241: Principles of Human Nutrition or PHE-242: Intro to Nutrition PHE-212: Weight Training I PHE-230: Healthful Living or PHE-215: Personal Wellness COL-101: College Success Seminar Semester Hours: 14/Cumulative Hours: 14 nester 2 Core42? EXS-200: Muscular Fitness Assessment/Program Design EXS-200: Muscular Fitness Assessment/Program Design EXS-200: Cardiorespiratory Fitness Assessment/Program Design EXS-215: Weight Management & Motivation Assessment/Program Design EXS-215: Weight Management & Motivation Assessment/Program Design EXS-225: Cardiorespiratory Fitness Assessment/Program Design EXS-220: Resistance Training & Recovery Techniques EXS-225: Cardiorespiratory Flexibility Training PHE 243: Nutrition for Special Populations Semester Hours: 16/Cumulative Hours: 30 nester 3 Core42? Core42? MAT-121: Intermediate Algebra or MAT-157: College Statistics Yes BIO-250A/B: Human Anatomy & Physiology I & Lab Yes CHM-101: Intro to Chemistry & CHM-103: Intro to Chemistry Lab Yes MIS-101: U.S. History to 1877 or POL-101: American Government Yes PHE:220: Stress Management END BIO-251A/B: Human Anatomy & Physiology II & Lab PHE PHE:220: Stress Management END BIO-251A/B:	3	
PHE-112: Weight Training I PHE-213: Personal Wellness COL-101: College Success Seminar Semester Hours: 14/Cumulative Hours: 14 nester 2 Core42? EXS-200: Muscular Fitness Assessment/Program Design EXS-200: Muscular Fitness Assessment/Program Design EXS-201: Cardiorespiratory Fitness Assessment/Program Design EXS-202: Resistance Training & Recovery Techniques EXS-220: Resistance Training & Recovery Techniques EXS-220: Resistance Training & Recovery Techniques EXS-225: Cardiorespiratory Flexibility Training PHE: 243: Nutrition for Special Populations Rester 3 Core422 Core422 MAT-121: Intermediate Algebra or MAT-157: College Statistics Yes BIO-250A/B: Human Anatomy & Physiology I & Lab Yes ENG-101: English Comp I or ENG-102: English Comp II Yes CHM-101: Intro to Chemistry & CHM-103: Intro to Chemistry Lab Yes MIS-101: U.S. History to 1877 or POL-101: American Government Yes PHE:275: Sport & Exercise Science Psychology PHE:220: Stress Management Bio-0251A/B: Human Anatomy & Physiology II & Lab PHE:220: First Aid & Safety or PHE-211: CPR/AED EME PHE-210: First Aid & Safety or PHE-211: CPR/AED	3	
PHE-230: Healthful Living or PHE-215: Personal Wellness Image: College Success Seminar Semester Hours: 14/Cumulative Hours: 14 nester 2 Core42? Core42? <td>3</td> <td></td>	3	
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EXS-210: Cardiorespiratory Fitness Assessment/Program Design	2	
EXS-215: Weight Management & Motivation Assessment/Program Design	2	
EXS-220: Resistance Training & Recovery Techniques	2	
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PHE:220: Stress Management	3	Additional courses m be available. See pg
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PHE-210: First Aid & Safety or PHE-211: CPR/AED Semester Hours: 17-18/Cumulative Hours: 61-63	3	
Semester Hours: 17-18/Cumulative Hours: 61-63	4	
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	Credits	Notes



Pathway Considerations

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Kine	esiology – Exercise Science: Info and Requirements
٠	https://www.stchas.edu/academics/departments/Kinesiology or visit www.stchas.edu/Pathways
٠	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.
•	Is it strongly advised that students take PHE-210 or PHE-211 in their last semester before graduation.
Son	ne 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 \cdot 636-922-8241 \cdot 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