A.S. EXERCISE SCIENCE
DEPARTMENT: Health, Physical Education & Recreation
TOTAL CREDITS: 60

Requirements for Matriculants

COLLEGE REQUIREMENTS
- Successful completion of CUNY Tests in Reading and Writing and the COMPASS Math Skills Test with passing examination scores, unless otherwise exempt, or developmental courses may be required.
- One (1) Writing Intensive course in any discipline from any category below is required. Participation in a Learning Community that includes ENG 1200 or 2400 also satisfies this requirement.
- Two (2) Civic Engagement experiences—satisfied by CE-Certified or CE-Component courses or approved outside activity. Refer to the Degree Requirements section in this catalog.

CUNY CORE
Approved Required and Flexible Core courses are listed in the General Education: CUNY Pathways section of this catalog. When Required or Flexible Core courses are specified for a category, they are required for the major.

REQUIRED CORE
ENG 1200 ..............................................................3 credits
ENG 2400 ........................................................................ 3
Mathematical & Quantitative Reasoning ................................. 3
Life and Physical Sciences ............................................... 4
BIO 1100

FLEXIBLE CORE* *
One course selected from each of the following groups, A – E, plus an additional course from Group E. No more than two courses in the same discipline.
A. World Cultures and Global Issues
B. U.S. Experience in its Diversity
C. Creative Expression
D. Individual and Society
E. Scientific World
BIO 1200
Plus PSY 1100

Note: You may elect to take a math course that is 4 credits or more. TAP counts 3 credits towards the requirement and the 4th credit as elective.

Courses approved for Flexible Core, Groups A-D, are listed in the College Catalog, or on the College Website at http://www.kingsborough.edu/pathways/pages/common_core.aspx#as

DEGREE REQUIREMENTS §
Introduction to Exercise Science (EXS 500) .........................3
Fitness Assessment and Program Design (EXS 1300) ........ 3
Lifetime Strength and Flexibility (EXS 1500) ......................... 3
First Aid and Personal Safety (HE 3500) .............................. 2
Concepts of wellness (HE 1200) ........................................... 3
Weight Management (HE 5000) .......................................... 2
Health and nutrition (HE 4200) ............................................. 3
Introduction to Computer Concepts (BA 6000) ...................... 3

Select five (5) courses from among the following three groups, with no more than two (2) courses from any group

Group I
Walk, Jog, Run (PEC 2000)
Aerobic Dance (PEC 1900)
High Intensity Fitness Training (PEC 7100)

Group II
Swimming for Non-Swimmers and Beginners (PEC 3000)
Advanced Swimming (PEC 3300)
Aqua Exercise (PEC 6500)

Group III
Tai Chi Chuan (PEC 2500)
Introduction to Hatha Yoga (PEC 2900)
Pilates System of Exercise (PEC 5600)
Beginning Karate and Self-Defense (PEC 2700)
Personal Self-Defense for Women (PEW 2100)

* This program has a waiver to require particular courses in the Common Core; otherwise more than the minimum credits for the degree may be necessary.
§ Consultation with the Program Advisor is required.

Program Office
Room G-303
Program Staff
Prof. Chris Fey, Director
christine.fey@kbcc.cuny.edu
718-368-5752
Exercise Science Program
718-368-6866

Program begins Fall 2018
ADAPTED FROM KINGSBOROUGH COMMUNITY COLLEGE 2016-17 CATALOG