

**A.S.EXERCISE SCIENCE/PERSONAL TRAINING**

Department: Health, Physical Education and Recreation

**Total credits: 60****COLLEGE REQUIREMENTS****CREDITS**

- Successful completion of CUNY Tests in Reading and Writing and the COMPASS Math Skills Test with passing examination scores 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 of 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 |
| ENG 2400   | 3 |
| ±Mathematical & Quantitative Reasoning:          | 3 |
| Life and Physical Sciences: BIO 1100 or BIO 1200 | 4 |

**FLEXIBLE CORE:** ◇

One course from each Group A – E plus an additional course from any Group. **No more than two courses in the same discipline.** 19

A. World Cultures and Global Issues

B. U.S. Experience In Its Diversity

C. Creative Expression

D. Individual &amp; Society

E. Scientific World: BIO 1100 or BIO 1200 or BIO 7000 (if not taken for Required Core)

Plus another course selected from any Group E list above (if not taken for Required or Flexible Core)

**DEGREE REQUIREMENTS §****If not taken for the CUNY Required Core of Flexible Core, the following are required:**

|   |   |
|---|---|
| Human Anatomy and Physiology I and II (BIO 1100 and BIO 1200) | 8 |
| Science of Nutrition (BIO 7000)                               | 3 |
| Introduction to Personal Training (EXS 900)                   | 3 |
| Kinesiology of Exercise (EXS 1000)                            | 3 |
| Physiology of Exercise (EXS 1100)                             | 3 |
| Health Risk Appraisal (EXS 1200)                              | 3 |
| Fitness Assessment and Program Design (EXS 1300)              | 3 |
| Muscular Fitness Training Techniques (EXS 1500)               | 3 |
| Field Experience in Exercise Science (EXS 91X6)               | 3 |
| First Aid and Personal Safety (HE 3500)                       | 2 |
| Cardiopulmonary Resuscitation (HE 2000)                       | 1 |
| Critical Issues in Personal Health (HE 1400)                  | 1 |

Choose one from each of the following groups for 3 credits

### Group I

Walk, Jog, Run (PEC 200)  
Aerobic Dance (PEC 1900)

### Group II

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

### Group III

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

**ELECTIVES:** 0 credits sufficient to total 60 credits for the degree.

§ Consultation with the Department Advisor is required.

◇ 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.

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

### **STUDENT LEARNING OUTCOMES**

Prepare successfully for transfer to a baccalaureate level program in Exercise Science or a related field  
EXS 1000 EXS 1100 EXS 1200 EXS 1300 HE 1400 EXS 1500 HE 2000 HE 3500 EXS 900  
EXS 91X6

Prepare for entry into the Personal Training job market, or for the establishment of a Personal Training business  
EXS 1000 EXS 1100 EXS 1200 EXS 1300 HE 1400 EXS 1500 HE 2000 HE 3500 EXS 900  
EXS 91X6

Prepare successfully for the certification examinations of prestigious, nationally recognized fitness organizations  
EXS 1000 EXS 1100 EXS 1200 EXS 1300 HE 1400 EXS 1500 HE 2000 HE 3500 EXS 900  
EXS 91X6

Exhibit an understanding of the principles of the biological aspects of life as they relate to movement and exercise  
EXS 1000 EXS 1100 EXS 1500 EXS 91X6

Communicate effectively and use technology to exchange information necessary for working in a Personal Training setting  
EXS 1000 EXS 1100 EXS 1200 EXS 1300 HE 1400 EXS 1500 HE 2000 HE 3500 EXS 900  
EXS 91X6

Conduct an evaluation consisting of a health appraisal, physical screening and fitness assessment

EXS 1200 EXS 1300 EXS 900 EXS 91X6

Interpret results to determine client's risk factors, need for medical clearance, and base level of fitness

EXS 1200 EXS 1300 EXS 91X6

Design safe, effective exercise programs based upon a client's evaluation that meet the needs and goals of the client

EXS 1200 EXS 1300 EXS 1500 EXS 91X6

Instruct and correct individuals on the performance of exercises, with emphasis on safe, biomechanically correct form

EXS 1500 EXS 91X6

Maintain a safe environment while conducting Personal Training activities, and provide first aid or CPR as needed

EXS 1300 EXS 1500 EXS 91X6

Identify signs and symptoms that call for termination of an exercise session, or the suspension of an exercise program

EXS 1200 EXS 1300 HE 2000 HE 3500 EXS 91X6

Motivate clients to maintain adherence to an exercise program and to live a healthy lifestyle

EXS 900 EXS 91X6

Demonstrate rapport with peers and demonstrate compliance with standards for professional ethics and competency

EXS 1300 EXS 1500 EXS 900 EXS 91X6

Promote physical, emotional and psychological benefits of a wellness-oriented lifestyle

EXS 1400 EXS 900 EXS 91X6