

EXERCISE SCIENCE

ASSOCIATE IN SCIENCE

An exercise science degree from Labette Community College prepares students to continue their education in Exercise Science, Kinesiology, or Health related fields. Students pursuing this degree should have interest in pursuing a career in strength and conditioning, health and wellness promotion, nutrition, and personal training. Exercise Science is also an excellent degree choice for advanced professional programs such as physical therapy, chiropractic, athletic training, and medicine.

Credits Required: 60

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Recommended Course Sequence

SEM 1: PED 118
SEM 2: PED 114
SEM 3: BIOL 130

After Graduation

Students completing the A.S. Degree in Exercise Science generally pursue an undergraduate degree in Exercise Science or related field. Students attaining the degree are prepared to test and complete a personal training certification exam, although completion of the certification exam is not required as part of the academic program. Students who chose to take the certification exam are capable of attaining work in a personal training career.

<u>Concentration Requirements</u>			<u>10</u>
<input type="checkbox"/>	BIOL 130	Anatomy & Physiology	5
<input type="checkbox"/>	PED 118	First Aid and CPR	2
<input type="checkbox"/>	PED 114	Basic Nutrition	3
<u>Pathway Requirements</u>			<u>44</u>
Written Communication			
<input type="checkbox"/>	ENGL 101	English Composition I	3
<input type="checkbox"/>	ENGL 102	English Composition II	3
Verbal Communication			
<input type="checkbox"/>	COMM 101	Public Speaking	3
Quantitative/Analytic Methods			
<input type="checkbox"/>	MATH 120	Elementary Statistics	3
Human Experience			
Choose one class			
<input type="checkbox"/>	_____		3
Human Systems/No companion Elements			
Choose one class			
<input type="checkbox"/>	_____		3
Human Systems/Diverse Perspectives			
Choose one class			
<input type="checkbox"/>	_____		3
Human Systems/Social Responsibility			
<input type="checkbox"/>	BUAD 205	Personal Finance	3
<input type="checkbox"/>	ECON 101	Issues in Today's Economy	3
<input type="checkbox"/>	PHIL 106	Ethics	3
Natural World/Scientific Inquiry			
<input type="checkbox"/>	BIOL 120	General Biology	5
<input type="checkbox"/>	CHEM 120	Intro to Chemistry	5
Wellness Strategies/No Companion Elements			
<input type="checkbox"/>	PED 116	Lifetime Fitness	1
Wellness Strategies/Scientific Inquiry			
<input type="checkbox"/>	PSYC 101	General Psychology	3
<u>General Electives</u>			<u>6</u>
<input type="checkbox"/>	PED 103	Care & Prevention of Athletic Injuries	3
<input type="checkbox"/>	PED 110	Intro to Exercise Science	3

General Education Electives can be found on page 86.
Pathway Requirements can be found on page 90