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.

Concentration Requirements 18

- PED 103 Care and Prevention of Athletic Injuries 3
- PED 105 Personal and Community Health 3
- PED 110 Introduction to Exercise Science 3
- PED 114 Basic Nutrition 3
- PED 115 Personal Training and Fitness Management 3
- PED 117 Training and Conditioning Lab I 1
- PED 118 First Aid 2

General Education Requirements 41

- BIOL 120 General Biology or
- BIOL 130 Anatomy and Physiology 5
- CHEM 120 Introduction to Chemistry 5
- COMM 101 Public Speaking 3
- ENGL 101 English Composition I 3
- ENGL 102 English Composition II 3
- MATH 115 College Algebra 3
- PED 116 Lifetime Fitness 1
- PSYC 101 General Psychology 3
- PSYC 201 Developmental Psychology 3

Humanities Electives 6

- ____________________________

General Education Electives 6

- ____________________________

Credits Required: 60

Contact: General Advisor

Recommended Course Sequence

SEM 1: PED 110
SEM 2: PED 105
SEM 3: PED 103, PED 115, PED 118
SEM 4: PED 115, PED 117

Student Organization
Health and Fitness Club

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.

Select one of the following

- LEAR 101 College Success Skills 1
- PED 120, 121, 210, 211 Varsity Baseball 1
- PED 122, 123, 214, 215 Varsity Basketball 1
- PED 129, 130, 220, 221 Varsity Softball 1
- PED 131, 132 Varsity Volleyball 1
- PED 133, 134, 222, 223 Varsity Wrestling 1
- PED 162 Swimming 1
- PED 171 Zumba 1
- PED 172 Kickboxing 1
- PED 185 Lifesaving 2
- PED 193 Yoga 1
- PED 195 Weightlifting 1
- PED 196 Crossfit Training 1
- PED 198 Watercolor Painting 1
- PED 199 Jewelry Making 1
- PED 200 Knitting & Crocheting 1

Courses designated as Physical Science, Natural Science, Humanities, Social Behavioral and General Education electives can be found on page 88. Placement Tests or pre-requisites are required for English Composition I, and Math courses. See page 24 for complete Placement Information.

Some courses are not offer each semester. Always make an appointment with your major advisor to enroll each semester.