

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: 62

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Recommended Course Sequence

- SEM 1:** PED 110
- SEM 2:** PED 105
- SEM 3:** PED 103, PED 115, PED 118
- SEM 4:** PED 114, PED 117

Concentration Requirements **18**

<input type="checkbox"/>	PED	103	Care and Prevention of Athletic Injuries	3
<input type="checkbox"/>	PED	105	Personal and Community Health	3
<input type="checkbox"/>	PED	110	Introduction to Exercise Science	3
<input type="checkbox"/>	PED	114	Basic Nutrition	3
<input type="checkbox"/>	PED	115	Personal Training and Fitness Mang.	3
<input type="checkbox"/>	PED	117	Training and Conditioning Lab I	1
<input type="checkbox"/>	PED	118	First Aid	2

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.

General Education Requirements **44**

<input type="checkbox"/>	BIOL	120	Biology or	
	BIOL	130	Anatomy and Physiology	5
<input type="checkbox"/>	CHEM	124	College Chemistry	5
<input type="checkbox"/>	COMM	101	Fundamentals of Speech	3
<input type="checkbox"/>	ENGL	101	English Composition I	3
<input type="checkbox"/>	ENGL	102	English Composition II	3
<input type="checkbox"/>	MATH	114	College Algebra	3
<input type="checkbox"/>	PED	116	Lifetime Fitness	1
<input type="checkbox"/>	PSYC	101	General Psychology	3
<input type="checkbox"/>	PSYC	201	Developmental Psychology	3
<input type="checkbox"/>			Humanities Electives	6
<input type="checkbox"/>			General Education Electives	6
<input type="checkbox"/>			Social and Behavioral Science Electives	3

Courses designated as Physical Science, Natural Science, Humanities, Social Behavioral and General Education electives can be found on page 82. Placement Tests or pre-requisites are required for English Composition I, Math courses and most General Education Electives. See page 31 for complete Placement information. All first-time, full-time students with fewer than 15 credit hours after high school graduation are required to enroll in the College Success Skills course during their first semester. Some courses are not offer each semester. Always make an appointment with your major advisor to enroll each semester.