

Exercise Studies Degree Map

◆ TRANSFER DEGREE M MIDDLETOWN CAMPUS

Career and Transfer Focus

This degree opens the door to a variety of health- and fitness-related careers, including athletic training, fitness training, health educator, physical education teacher, strength and conditioning coach, and other healthcare fields. Our graduates pursue advanced study in athletic training and exercise physiology as well as health-related areas such as physical therapy, occupational therapy, physician assistant, chiropractic and sports medicine.

Three Reasons to Consider Exercise Studies

1. Take two years here, save on tuition costs, and then transfer to a four-year college or university.
2. Benefit from personal attention in small classes as well as ongoing individualized academic and professional advising.
3. Through a hands-on curriculum, you will learn to help people lead healthier lives through exercise, fitness and nutrition.

Keep This in Mind

The intent of this program is for you to complete two years and then transfer to a four-year university.

Decide which four-year school you plan to attend right away. See your advisor. Your decision will affect the electives you will take.

Engage with the latest technology for exercise testing in our Human Performance Laboratory. You will have the opportunity to develop exercise training initiatives and work with clients in our fitness center, gaining valuable experience in testing, programming, and interpersonal skill-building.

Exercise Studies Gateway Courses:

Course sequences for Exercise Studies have been thoughtfully developed to include all necessary gateway courses and key electives, and to meet all accrediting standards.

First Semester

Course #	Course Name	P, C, P/C	Cr
ENG 101	Freshman English 1	P	3
	SUNY Math (GE 1) - MAT 102 or higher		3
BIO 110	Introduction to Biology	P	3
PEM____	Skills		1
Either	Introduction to Phys. Ed.		
PED 100			
Or	Introduction to Exercise Studies	P	2
PED 101			
PED 150	First Aid		2
_____	Restricted SUNY History Elective*		3
	Total Semester Credits		17

Milestones

During this semester, students should:

- Before registering each semester, check your Degree Works to see what classes you should take to stay on-track
- Take our FOCUS career inventory assessment and match it up to your interest list
- See your faculty program advisor about specialization (October) and with any questions you may have
- Attend Capstone Presentations (December).

Second Semester

Course #	Course Name	P, C, P/C	Cr
BIO 111	Anatomy and Physiology 1	P	4
ENG 102	Freshman English 2	P	3
_____	SUNY Social Science (GE 3)		3
PEM____	Skills		1
PED 201	Introduction to Human Movement^	P	3
BIO 125	Nutrition		3
	Total Semester Credits		17

Milestones

During this semester, students should:

SUNY Orange 22-23

- Check in with your faculty program advisor to make sure all degree requirements are being met
- Connect with campus support services as necessary
- If you haven't already, join a club that aligns with your interests

Third Semester

Course #	Course Name	P, C, P/C	Cr
BIO 112	Anatomy and Physiology 2	P	4
PED 112	Contemporary Health		3
PED 202	Basic Exercise Physiology @	C	3
COM 101	Foundations of Communication		3
PEM____	Skills		1
PED_____	Exercise Studies Elective**		2-3
	Total Semester Credits		16-17

Milestones

During this semester, students should:

- Audit your degree using Degree Works and research transfer options by visiting websites and open houses of colleges to which you are interested in transferring
- See your faculty advisor to see what classes you should take to stay on track (October)
- See your faculty program advisor with any questions you have
- Meet with program advisor for a discussion on related careers and transfer opportunities/articulation agreements.

Fourth Semester

Course #	Course Name	P, C, P/C	Cr
PED 203	Physical Fitness and EXRX+ AND	P, C	3
PED 204	Lab Fitness Assessment+	C	1
_____	Restricted SUNY Elective***		3
PED 280	Exercise Studies Capstone	P	2
PED 230	Exercise Studies Practicum	P	2
PED 111	Substance Abuse		3
	Total Semester Credits		14

Milestones

During this semester, students should:

- Complete specific degree requirements and begin preparing for graduation/transfer
- Check in with your faculty program advisor to make sure all degree requirements are met
- Register for graduation (February).

TOTAL DEGREE CREDITS: 64-65

Notes:

*SUNY American History (GE 4) or Western Civilization (GE 5) or Other World Civilization (GE 6) list

**Any PED course NOT required in the above curriculum

***SUNY Arts (GE 8) or Foreign Languages (GE 9) list or any list not selected from the Restricted History elective

+PED 203 and 204 are corequisites and MUST be taken together

^PED 201 has a pre/corequisite of BIO 111

@PED 202 has a pre/corequisite of BIO 112