

## Program Description

The Associate in Science degree program in Exercise Studies is designed for students who are interested in professional areas of fitness and exercise specialties in a variety of physical fitness/health promotion programs. This program prepares students to pursue further education and careers in such fields as athletics, medicine, instruction, research and community health. Completing this degree program, students will have built a base of knowledge and be prepared for transfer to four-year programs including physical education, health and wellness programs, exercise physiology or nutrition.

The theoretical coursework is concentrated in the areas of human movement, exercise physiology, exercise prescription and fitness assessment. These classes give students a broad background in, as well as a practical experience with, the mechanics and physiology of the human body with regard to fitness, health and well-being. The Exercise Studies students complete specific lifetime and sport skills coursework. In addition, students complete coursework in a broad liberal arts education; this work includes study in arts, foreign language, english, history, and sociology.

## Program Outcomes

Students will:

- learn and demonstrate problem solving, critical thinking and ethical behavior according to industry standards in the field of exercise science
- analyze, design, implement and evaluate health promotion and wellness education materials, nutritional projects, sport and fitness conditioning programs and recreational pursuits
- interpret health status, risk stratification and physical assessment, data employing national standards to produce: exercise prescriptions, health interventions and behavior modification
- communicate expressively and receptively (verbal, non-verbal, written) both individually and within groups in ways that are respectful
- demonstrate, instruct, and modify exercise using proper form and technique to ensure safe execution in accordance with industry standards and guidelines
- practice personal and social behaviors that exemplify commitment to and value of personal lifelong health, wellness and fitness
- prepare and sit for a national certification in personal training and/or group fitness instructor

## Admission Criteria

Admission to this program requires that students be high school graduates or have high school equivalency diplomas (HSEs). If students are not high school graduates, they may be eligible for admission to the College's 24 Credit Hour Program. If students are home schooled, they may be eligible for admission.

In addition, students must declare themselves exercise studies majors and meet with a Movement Science faculty member to review their career goals and course selections. Once students are accepted, they are required to attend one of the program orientation sessions.

## Transfer Options

SUNY Orange has special relationships with upper-level colleges and universities for transfer. These transfer institutions include:

- Dominican College
- East Stroudsburg University
- Montclair State University
- Queens College
- SUNY Brockport
- SUNY Cortland

## Your Career Coach

Career opportunities exist in the following fields:

- athletic trainer
- cardiac technician
- coach
- director of recreation
- exercise physiologist
- health instructor
- personal trainer
- physical educator

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- recreational therapist
- strength and conditioning coach
- sports agent
- sports equipment designer
- weight management specialist
- wellness coordinator
- cardiopulmonary rehabilitation specialist
- community health director

[Explore careers with Career Coach](#)

## 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
<b>Either</b>	Introduction to Phys. Ed.		
PED 100			
<b>Or</b>	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:

- 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

Course #	Course Name	P, C, P/C	Cr
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