



## 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 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
- recreational therapist

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- 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 (G10A [w] & G11A)	P	3
MAT ____	MAT 102 or higher (G1A)		3
BIO 110	Introduction to Biology (G2A)	P	3
PEM/PED ____	Academic Concentration		3-5
_____	Restricted SUNY History*		3
	Total Semester Credits		15-17

### 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 (G2A)	P	4
ENG 102	Freshman English 2 (G7A & G12A)	P	3
SOC 101	Introduction to Sociology (G3A & G6A)		3
PEM/PED ____	Academic Concentration		1
PED 201	Introduction to Human Movement**	P/C	3
PED 150	First Aid		2
	Total Semester Credits		16

### 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 (G2A)	P	4
PED 112	Contemporary Health		3
PED 202	Basic Exercise Physiology***	C	3
COM 101	Foundations of Communication (G10A [o] & G11A)		3
PEM/PED ____	Academic Concentration		0-1
PSY 111	Introduction to Psychology (G3A)		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
PEM/PED	Academic Concentration		4-6
	SUNY World Languages (G9A)		3
PEP 111	Substance Abuse		3
BIO 125	Nutrition		3
	Total Semester Credits		13-15

**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: 60-65**

**Notes:**

\*Select from G4A (SUNY US History and Gov) or G5A (SUNY World History)

\*\*PED 201 has a pre/co-requisite of BIO 111

\*\*\*PED 202 has a pre/corequisite of BIO 112

**PEM/PED Concentrations**

**Exercise Science Concentration**

PEM 167 OR	Weight Training OR	1
PEM 165	Learn to Swim	
PED 101	Introduction to Exercise Science	2
PEM 160	Aerobic Fitness	1
PED 114	Stress Management	1
PED 203	Physical Fitness & EXRX+ AND	3
PED 204	Lab Fitness Assessment+	1
PED 145	Fitness Instructor	2

+PED 203 & PED 204 must be taken together

**For Alignment with SUNY Transfer Path: Physical Education Teacher Education**

PEM 172	Coaching Skills	1
PEM 167 OR	Weight Training OR	1
PEM 165	Learn to Swim	
PED 100 OR	Introduction to Phys. Ed.	2
PEM 169 OR	Group Leadership OR	1

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PEM 160	Aerobic Fitness	
PEM 161 OR	PEM 161 Racquet Sports OR	1
PEM 163	Studio Fitness	
PED 203	Physical Fitness & EXRX+ AND	3
PED 204	Lab Fitness Assessment+	1
PEM ____	Skills	1
PEM ____	Skills	1

### For Alignment with SUNY Transfer Path: Health Education Teacher Education

PEM 172	Coaching Skills
PEM 167 OR	Weight Training OR
PEM 165	Learn to Swim
PED 100	Introduction to Phys. Ed.
PED 114	Stress Management
PEM 160	Aerobic Fitness
PED 224	Introduction to Exercise Principles
PED 145	Fitness Instructor