



# 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 (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

# SUNY Orange

## 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
PED 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
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