

EXERCISE SCIENCE: FITNESS (A.A.)

ASSOCIATE OF ART

The Exercise Science Associate in Arts Degree with an emphasis in fitness is designed to prepare students to work in their field of choice while continuing their education. The required core courses provide students with the academic preparation and skills required for employment as a fitness professional, prepare for several nationally recognized personal training and exercise professional industry certification exams, while being exposed to various Kinesiology subdisciplines and general education.

Program Student Learning Outcomes

- Explain the basics of the body's function, muscular and cardiovascular systems, physiological adaptation to exercise, and health benefits of exercise with a focus on the five components of fitness.
- Students demonstrate an understanding of chemical and cellular basis of physiology especially how it applies to the energy systems.
- Utilize and interpret standardized fitness assessment tools with the goal of evaluating an individual's fitness level to develop an individualized exercise prescription.
- Students demonstrate an understanding of sport and exercise safety, injury prevention, and basic injury treatment.
- Value sport and exercise safety, injury prevention, basic injury treatment and display proficiency in basic emergency procedures and Cardiopulmonary resuscitation.
- Students display proficiency in basic emergency procedures and Cardiopulmonary Resuscitation.
- Employ skills to work independently in the fitness industry with the ability to lead individuals or groups in exercise programs and identify the business aspects of the fitness industry.
- Students identify the major muscles in the body and state the actions of these muscles. Determine appropriate movements to condition these major muscles.
- Communicate the importance of eating a healthy diet and living an active lifestyle to others.

Program Requirements

Code Number	Course Title	Units
Department Requirements		
KIN 102	Introduction to Athletic Training	3.0
KIN 104	Fitness and Wellness	3.0
KIN 110	Community First Aid and CPR	3.0
or HED 110	Community First Aid and CPR	
KIN 202	Measurement and Interpretation of Fitness	3.0
KIN 203	Programs and Principles of Conditioning	3.0
KIN 205	Anatomical Movement Analysis	3.0
KIN 271B	Work Experience in Fitness	1.0
HED 200	Nutrition for Health, Fitness and Wellness	3.0
BA 100	Fundamentals of Business	3.0
Subtotal		25

Select a minimum of two PEX Activity Courses equaling at least 3 units from the following: 3.0

PEX 102	Adapted Cardiovascular Exercises (1)
PEX 103	Adapted Strength Training (1)
PEX 110	Aerobic Activities (1.5)
PEX 119	Basic Training and Physical Conditioning (1)
PEX 124	Personal Fitness Program (1)
PEX 134	Body Sculpting (1)
PEX 136	Stretching and Relaxation (1)
PEX 138	Walking for Fitness (1)
PEX 141	Jogging for Fitness, Beginning (1)
PEX 145	Circuit Weight Training, Beginning (1)
PEX 151	Yoga (1)
PEX 156	Pilates Conditioning (1)
PEX 240	Jogging for Fitness, Intermediate (2)
PEX 245	Circuit Weight Training, Intermediate/Advanced (2)

Total Units **28**

(For additional options please see the list of PEX Activity Courses meeting the Health and Wellness Proficiency for the Associate of Arts Degree)

ASSOCIATE OF ART DEGREE REQUIREMENTS

1. Complete the major requirements for the Exercise Science: Fitness Specialist AA Degree
2. Complete the general education and electives to achieve a minimum of 60 units.