

Exercise Science

Associate in Science

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The Associate in Science, Exercise Science offers a well-rounded general education degree, including a concentration in courses designed to prepare students for transfer to four year institutions.

These courses are suggested by the department to meet the Associate in Science degree requirements. For a complete list of course options, please see the Associate in Science curriculum guide in the catalog.

General Education Requirements

The general education courses listed for this degree require a C (2.0) or better for graduation. See "General Education Requirements" for more information and full listing of all general education courses.

Course Sequence

◆ Some of the courses in this curriculum must be taken in a prescribed sequence because of prerequisite requirements. The listing that follows is a suggested sequence of courses for full-time students who start in the Fall semester.

If you are a part-time student or have transferred courses from another college, you should plan to complete the courses listed under Semester I before taking the courses listed under Semester II and so forth. Please see an advisor for sequencing and course substitution questions.

◆ You will need to demonstrate proficiencies in reading, mathematics and English based on SMC assessment tests, ACT or SAT scores, or by taking the recommended classes.

◆ This degree can be adapted for various transfer institutions. Please contact your advisor to determine specific course requirements at the receiving institution prior to selecting options or electives.

| Course | | Credits |
|--|--------------------------------------|---------|
| Semester I | | |
| BIOL 101 | General Biology I | 4 |
| EDUC 120 | Educational Exploration and Planning | 2 |
| ENGL 103 | Freshman English II | 3 |
| | OR | |
| ENGL 103W | Freshman English II w Workshop | 4 |
| MATH 150 | Statistics | 4 |
| PHED 103 | Life Wellness | 2 |
| Semester II | | |
| BIOL 102 | General Biology II | 4 |
| ENGL 104 | Freshman English III | 3 |
| MATH 136 | Precalculus Algebra | 4 |
| PSYC 101 | General Psychology | 3 |
| See advisor to ensure your choices in year two work well with your transfer institution. | | |
| Semester III | | |
| BIOL 214 | Basic Human Anatomy | 4 |
| CHEM 101 | General Chemistry I | 5 |
| EDUC 215 | Human Development and Learning | 3 |
| HEED 163 | Nutrition | 2 |
| PHED 101 | Physical Education Activity | 1 |
| Semester IV | | |
| BIOL 215 | Principles of Human Physiology | 4 |
| CHEM 102 | General Chemistry II | 5 |
| ENGL 265 | Creative Nonfiction | 3 |
| PHIL 210 | Introduction to Ethics | 4 |

Total Program Credits

***60-61**