

GLOUCESTER COUNTY COLLEGE
HEALTH, PHYSICAL EDUCATION, RECREATION & EXERCISE

GRADUATION CONTROL SHEET

Exercise Science
Associate in Science (A.S.) — Transfer

This program provides educational and practical preparation for students seeking a bachelor's degree in a variety of health and exercise science fields, or for those seeking immediate employment in professional positions in adult wellness/fitness centers.

FIRST YEAR - Fall Semester

			<u>Credits</u>
___	COM 101	English Composition I	3
___	MAT ___	Math elective	3
___	BIO 101	General Biology I	
___	BIO 107	Human Biology	
___	CHM 100	Fundamentals of Chemistry	4
___	HPE 111	Cardiovascular Fitness Activities	1
___	HPE 113	Physical Fitness Activities	1
___	HPE 240	Introduction to Health, Physical Education, and Recreation	3
			15

Spring Semester

___	COM 102	English Composition II	3
___	MAT ___	Math elective	3
___	BIO 105	Anatomy and Physiology I	4
___	HPE 112	Introduction to Swimming	1
___	HPE 231	Specialized Swimming	2
___	HPE 136	Nutrition	3
___	PSY 101	General Psychology	3
			17-18

SECOND YEAR - Fall Semester

___	BIO 106	Anatomy and Physiology II	4
___	SOC 101	Principles of Sociology	3
___	___	Humanities elective	3
___	HPE 102	First Aid, Safety, and CPR	2
___	HPE 104	Health and Fitness for the Individual	2
___	HPE 201	Health Science	3
			17

Spring Semester

___	CIS 101	Computer Literacy	3
___	SPE 101	Oral Communication	3
___	HPE 234	Care/Prevention of Athletic Injuries	3
___	HPE 260	Exercise Physiology	3
___	HPE 265	Fitness Assessment and Exercise Prescription	3
			15

TOTAL MINIMUM CREDITS: 64