

EXERCISE AND SPORTS STUDIES

Associate in Applied Science Checklist

- View the General Education Matrix for a complete list of qualifying courses.
- Fulfill the College Degree Requirements in conjunction with this degree plan.
- Consult an Academic Advisor to ensure all academic requirements are met.

Summary

Prescribed Program	45
General Education	15-16
Digital Literacy	
Total Credits	60-61

Degree Plan

Prescribed Program

Clinical Exercise Science Program Certificate ¹	32
<i>OR</i>	
Select two of the following Program Certificates: ¹	32
Exercise Science	
Sport & Fitness Entrepreneurship	
Sport & Fitness Management	
HPER 210 First Aid and CPR	1
HPER 214 Sociological Perspectives in Sport and Fitness	3
HPER 242 Introduction to Kinesiology	3
HPER 297 Cooperative Education/Internship	3
PSYC 207 Introduction to Sports and Performance Psychology	3
Total Credits	45

General Education

Written or Oral Communications

ENGL 110 College Composition I (Required)	3
Select one of the following:	3-4
COMM 110 Fundamentals of Public Speaking	
ENGL 125 Introduction to Professional Writing	
Credits Subtotal	6-7

Arts & Humanities/Social & Behavioral Sciences

SOC 235 Cultural Diversity (Required)	3
Credits Subtotal	3

Business, Math, Science & Technology

MATH 110 Math in Society (Required)	3
BADM 281 Organizational Behavior (Required)	3
Credits Subtotal	6

General Education Total Credits	15-16
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Digital Literacy

Select one of the following:

ENGL 110 College Composition I

NDUS Institution Approved Training Course

NDUS Institution Designated Digital Literacy Course

Footnotes

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Students completing the Clinical Exercise Science Program Certificate only need to complete one certificate. Students not choosing to complete the Clinical Exercise Science Program Certificate will need to select **TWO** of the following certificates to fulfill the AAS degree requirements: Exercise Science, Sport & Fitness Entrepreneurship, or Sport & Fitness Management.