

EXERCISE SCIENCE

Associate in Science



The A.S. in Exercise Science provides the first two years of a four-year curriculum for students who wish to specialize in exercise science, kinesiology, athletic training, fitness and wellness.

Upon graduation, you will be able to:

- Discuss the physiology and mechanics of human movement related to the major components of physical fitness, health and sports.
- Demonstrate a strong foundational knowledge of the human body systems and the acute and chronic adaptations on the body through modalities, exercise and lifestyle changes.
- Assess dietary habits and recommend developmental and maintenance interventions.
- Recognize, manage and provide preventive practices for basic musculoskeletal injuries through proper understanding of evaluation of movement, range of motion and muscle imbalances of the human body.
- Discuss and present evidence-based information regarding current exercise physiology principles as it relates to athletes and the general population.

With a bachelor's degree, students may pursue a career in:

- allied health;
- wellness programs;
- health management;
- exercise physiology;
- exercise science;
- teaching and research;
- medical exercise; rehabilitation program.

Degree Requirements

Semester I		Credit Hours
PHF 110	Exercise Science, Athletic Training, and Physical Fitness Seminar	1
ENG __ *	Select one of the following:	
	ENG 101 College Writing	3
	ENG 105 College Writing Seminar	(4)
BIO 115	Anatomy & Physiology I - Lecture	3
BIO 116	Anatomy & Physiology I - Lab	1
PSY 101	Introduction to Psychology	3
COM 100	Public Speaking	3
Semester II		
PHF 155	Introduction to Exercise Science	4
BIO 121	Nutrition	3
PHI 111	Introduction to Ethics	3
MAT 135	Statistics	3
BIO 117	Anatomy and Physiology II - Lecture	3
BIO 118	Anatomy and Physiology II - Lab	1
Semester III		
PHF 122	Kinesiology	3
PHF 204	Nutrition for Human Performance	3
MAT 122	College Algebra	3
___	Select a lecture in: BIO/CHY/PHY	3
___	Select a lab in: BIO/CHY/PHY	1
PHF 207	Introduction to Injury Prevention and Management	3
Semester IV		
ENG __	Elective: Writing	3
PHF 208	Exercise Test and Prescription	4
___	Select a lecture in: BIO/CHY/PHY	3
___	Select a lab in: BIO/CHY/PHY	1
___	Elective: General Education	3
___	Elective: Humanities	3
 Total Credit Hour Requirements		 64-65

*Placement determined by assessment test scores and/or prior college coursework



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