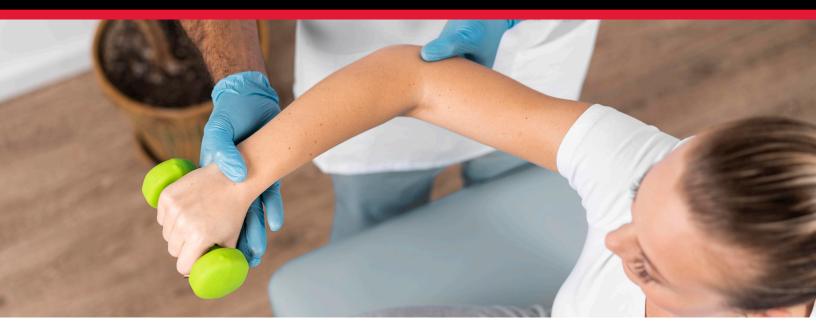


EXERCISE SCIENCE

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:

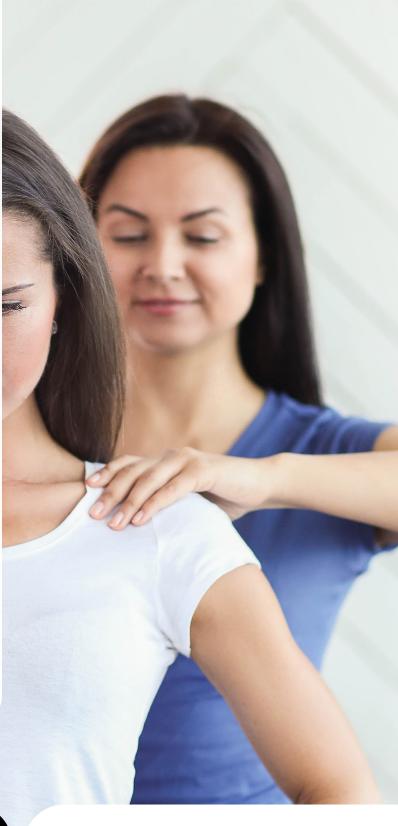
- allied health;
- wellness programs;
- health management;
- exercise physiology;
- exercise science;
- teaching and research;
- medical exercise; rehabilitation program.

Degree Requirements

Semester I	Cre	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-			
* Placement determi	inad by gassasmast tast saarsa and for ariar called		

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





Office of Admissions

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Find CMCC on social media at CMCCMaine!





