### Recommended Course Sequence

<table>
<thead>
<tr>
<th>First Semester</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENG 101  Freshman English 1</td>
<td>3</td>
</tr>
<tr>
<td>___  SUNY Math (GE 1) - MAT 102 or higher</td>
<td>3</td>
</tr>
<tr>
<td>BIO 110  Introduction to Biology</td>
<td>3</td>
</tr>
<tr>
<td>PEM___  Skills</td>
<td>1</td>
</tr>
<tr>
<td>PED 100  Introduction to Phys. Ed. or</td>
<td></td>
</tr>
<tr>
<td>PED 101  Introduction to Exercise Studies</td>
<td>2</td>
</tr>
<tr>
<td>PED 150  First Aid</td>
<td>2</td>
</tr>
<tr>
<td>___  Restricted SUNY History Elective*</td>
<td>3</td>
</tr>
<tr>
<td><strong>Second Semester</strong></td>
<td></td>
</tr>
<tr>
<td>BIO 111  Anatomy and Physiology 1</td>
<td>4</td>
</tr>
<tr>
<td>ENG 102  Freshman English 2</td>
<td>3</td>
</tr>
<tr>
<td>___  SUNY Social Science (GE 3)</td>
<td>3</td>
</tr>
<tr>
<td>PEM___  Skills</td>
<td>1</td>
</tr>
<tr>
<td>PED 201  Introduction to Human Movement^</td>
<td>3</td>
</tr>
<tr>
<td>BIO 125  Nutrition</td>
<td>3</td>
</tr>
<tr>
<td><strong>Third Semester</strong></td>
<td></td>
</tr>
<tr>
<td>BIO 112  Anatomy &amp; Physiology 2</td>
<td>4</td>
</tr>
<tr>
<td>PED 112  Contemporary Health</td>
<td>3</td>
</tr>
<tr>
<td>PED 202  Basic Exercise Physiology @</td>
<td>3</td>
</tr>
<tr>
<td>COM 101  Foundations of Communication</td>
<td>3</td>
</tr>
<tr>
<td>PEM___  Skills</td>
<td>1</td>
</tr>
<tr>
<td>PED___  Exercise Studies Elective**</td>
<td>2/3</td>
</tr>
<tr>
<td><strong>Fourth Semester</strong></td>
<td></td>
</tr>
<tr>
<td>PED 203  Physical Fitness &amp; EXRX+ and</td>
<td>3</td>
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<tr>
<td>PED 204  Lab Fitness Assessment+</td>
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</tr>
<tr>
<td>___  Restricted SUNY Elective***</td>
<td>3</td>
</tr>
<tr>
<td>PED 230  Exercise Studies Capstone</td>
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<tr>
<td>PED 280  Exercise Studies Practicum</td>
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</tr>
<tr>
<td>PED 111  Substance Abuse</td>
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</tr>
</tbody>
</table>

Total Credits 64/65

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### Program Description

The Associate in Science degree program in Exercise Studies is designed for students who are interested in professional areas of fitness and exercise specialties in a variety of physical fitness/health promotion programs. This program prepares students to pursue further education and careers in such fields as athletics, medicine, instruction, research and community health. Completing this degree program, students will have built a base knowledge and prepare for transfer to four-year programs including physical education, health and wellness programs, exercise physiology or nutrition.

The theoretical coursework is concentrated in the areas of human movement, exercise physiology, exercise prescription and fitness assessment. These classes give students a broad background in, as well as a practical experience with, the mechanics and physiology of the human body with regard to fitness, health and well-being. The Exercise Studies students complete specific lifetime and sport skills coursework. In addition, students complete coursework in a broad liberal arts education; this work includes study in arts, foreign language, English, history, and sociology.

### Admission Criteria

Admission to this program requires that students be high school graduates or have high school equivalency diplomas (GEDs). If students are not high school graduates, they may be eligible for admission to the College's 24 Credit Hour Program. If students are homeschooled, they may be eligible for admission. (See pages 7 through 13 for more details on the admission process for all applicants.)

In addition, students must declare themselves exercise studies majors and meet with a Movement Science faculty member to review their career goals and course selections. Once students are accepted, they are required to attend one of the program orientation sessions.
Student Learning Outcomes

Students will:

• possess a broad educational background which includes humanities, mathematics, social sciences, biological sciences, and technologies to prepare for transfer to a four-year institution for a bachelor’s degree in Exercise Science.

• prepare and sit for the national personal trainer and or group fitness instructor exam.

• learn problem solving and critical thinking in context to the world of exercise science.

• design, implement, manage and evaluate health promotion, wellness programs and recreational opportunities.

• demonstrate appropriate skills and abilities for the physical fitness assessment and exercise prescription for apparently healthy individuals and special populations.

• reflect upon their personal experiences in physical activity and improve their own levels of skills and fitness.

• welcome the idea of being "physically educated."

Career Opportunities

• athletic trainer
• cardiac technician
• coach
• director of recreation
• exercise physiologist
• health instructor
• personal trainer
• physical educator
• recreational therapist
• strength and conditioning coach
• sports agent
• sports equipment designer
• weight management specialist
• wellness coordinator
• cardiopulmonary rehabilitation specialist
• community health director

Transfer Opportunities

SUNY Orange has special relationships with upper-level colleges and universities for transfer.

These transfer institutions include:

• Dominican College
• East Stroudsburg University
• Montclair State University
• Queens College
• SUNY Brockport
• SUNY Cortland

Contact Information

Movement Science
Department Chair
341-4245
Admissions Office
(845) 341-4030