

# Exercise Studies

Degree Awarded: Associate in Science

## Recommended Course Sequence

First Semester		Credits
ENG 101	Freshman English 1	3
_____	SUNY Math (GE 1) - MAT 102 or higher	3
BIO 110	Introduction to Biology	3
PEM____	Skills	1
PED 100	Introduction to Phys. Ed. <b>or</b>	
PED 101	Introduction to Exercise Studies	2
PED 150	First Aid	2
_____	Restricted SUNY History Elective*	3
Second Semester		
BIO 111	Anatomy and Physiology 1	4
ENG 102	Freshman English 2	3
_____	SUNY Social Science (GE 3)	3
PEM____	Skills	1
PED 201	Introduction to Human Movement^	3
BIO 125	Nutrition	3
Third Semester		
BIO 112	Anatomy & Physiology 2	4
PED 112	Contemporary Health	3
PED 202	Basic Exercise Physiology @	3
COM 101	Foundations of Communication	3
PEM____	Skills	1
PED____	Exercise Studies Elective**	2-3
Fourth Semester		
PED 203	Physical Fitness & EXRX+ <b>and</b>	3
PED 204	Lab Fitness Assessment+	1
_____	Restricted SUNY Elective***	3
PED 280	Exercise Studies Capstone	2
PED 230	Exercise Studies Practicum	2
PED 111	Substance Abuse	3
Total Credits		64-65

## 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 (HSEs). If students are not high school graduates, they may be eligible for admission to the College's 24 Credit Hour Program. If students are home schooled, 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.

\* SUNY American History (GE 4) or Western Civilization (GE 5) or Other World Civilization (GE 6) list

\*\*Any PED course NOT required in the above curriculum

\*\*\*SUNY Arts (GE 8) or Foreign Languages (GE 9) list or any list not selected from the Restricted History elective

+ PED 203 & 204 are co-requisites and MUST be taken together

^ PED 201 has a pre-co-requisites of BIO 111

@ PED 202 has a pre-co-requisites of BIO 112

## Program Learning Outcomes

Students will:

- Learn and demonstrate problem solving, critical thinking and ethical behavior according to industry standards in the field of exercise science.
- Analyze, design, implement and evaluate health promotion and wellness education materials, nutritional projects, sport and fitness conditioning programs and recreational pursuits.
- Interpret health status, risk stratification and physical assessment, data employing national standards to produce: exercise prescriptions, health interventions and behavior modification
- Communicate expressively and receptively (verbal, non-verbal, written) both individually and within groups in ways that are respectful
- Demonstrate, instruct, and modify exercise using proper form and technique to ensure safe execution in accordance with industry standards and guidelines.
- Practice personal and social behaviors that exemplify commitment to and value of personal lifelong health, wellness and fitness
- Prepare and sit for a National certification in personal training and/or group fitness instructor.



## 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