

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	4
PEM_____	Skills	1
PED 100	Introduction to Phys. Ed. or	
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+ and	3
PED 204	Lab Fitness Assessment+	1
_____	Restricted SUNY Elective***	3
PED_____	Exercise Studies Capstone	2
PED_____	Exercise Studies Practicum	2
PES 111	Substance Abuse	3
Total Credits		64/65

* 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 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 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.

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
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