



Exercise Science Transfer Pathway AS

Students in the Exercise Science Transfer Pathway Associate of Science degree examine how exercise prescription and physical activity habits optimize physical performance and mental health of all people. This degree prepares students to transfer, and choose from a broad range of careers, such as clinical testing, personal training and performance enhancement, sports management, physical therapy, strength and conditioning, athletic training, cardiac rehabilitation, and many more.

Exercise Science Transfer Pathway Curriculum

Curriculum

Program Courses

| Course Code | Title | Course Outlines | Goal Areas | Credits |
|----------------------------------|---|--------------------------------|------------|---------|
| BIOL 2111 | Human Anatomy and Physiology I | View-BIOL 2111 | n/a | 4 |
| BIOL 2112 | Human Anatomy and Physiology II | View-BIOL 2112 | n/a | 4 |
| EXSC 1050 | Weight Training | View-EXSC 1050 | n/a | 1 |
| EXSC 1500 | Foundations of Exercise Science | View-EXSC 1500 | n/a | 3 |
| EXSC 1900 | Worldwide Fitness and Wellness Trends | View-EXSC 1900 | n/a | 1 |
| EXSC 2010 | Essentials of Exercise Science | View-EXSC 2010 | n/a | 3 |
| EXSC 2110 | Advanced Fitness Assessment & Exercise Prescription | View-EXSC 2110 | n/a | 3 |
| EXSC 1060 | Advanced Weight Training | View-EXSC 1060 | n/a | 2 |
| EXSC 2490 | Kinesiology | View-EXSC 2490 | n/a | 4 |
| HLTH 1070 | Nutrition | View-HLTH 1070 | n/a | 3 |
| 1 course from HLTH1250, EXSC1250 | | | | |
| EXSC 1250 | Wellness for Life or | View-EXSC 1250 | n/a | 3 |
| HLTH 1250 | Wellness for Life | View-HLTH 1250 | n/a | 3 |

General Education Courses

| Course Code | Title | Course Outlines | Goal Areas | Credits |
|--|---|--------------------------------|------------|---------|
| College Writing I II | | | | |
| ENGL 1200 | Gateway College Writing or | View-ENGL 1200 | n/a | 4 |
| ENGL 1201 | College Writing I | View-ENGL 1201 | n/a | 4 |
| ENGL 1202 | College Writing II or | View-ENGL 1202 | n/a | 2 |
| ENGL 1203 | College Writing II with Workshop | View-ENGL 1203 | n/a | 2 |
| Biology I Principles of Biology | | | | |
| BIOL 1001 | Biology I or | View-BIOL 1001 | n/a | 4 |
| BIOL 1101 | Principles of Biology I | View-BIOL 1101 | n/a | 4 |
| Intro to Chemistry Principles of Chemistry | | | | |
| CHEM 1010 | Introduction to Chemistry or | View-CHEM 1010 | n/a | 4 |
| CHEM 1061 | Principles of Chemistry I | View-CHEM 1061 | n/a | 4 |
| COMM 1110 | Principles of Interpersonal Communication | View-COMM 1110 | n/a | 3 |
| MATH 1130 | Elementary Statistics | View-MATH 1130 | n/a | 3 |
| PSYC 1150 | General Psychology or | View-PSYC 1150 | n/a | 3 |
| PSYC 1160 | Introduction to Psychology | View-PSYC 1160 | n/a | 4 |
| SOC 1110 | Introduction to Sociology | View-SOC 1110 | n/a | 3 |
| History the Social Behavioral Sciences - Complete 3 credits | | | | |

Electives

Additional courses, if needed, to reach 30 MnTC credits, 60 total credits

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|-------------------------------|-----------|
| Total Credits Required | 60 |
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Program Overview

2024-2025

This program will examine the effects of exercise and physical activity on people in order to optimize their physical and mental health. Students will focus on the anatomy, physiology, biochemistry, biophysics of human movement, and applications to exercise and therapeutic rehabilitation.

This degree will prepare students for a plethora of career options, including clinical testing, personal training, sports management, physical therapy, strength and conditioning, athletic training, and cardiac rehabilitation among many others. In partnership with Southwest Minnesota State University, students can earn a bachelor's degree in Exercise Science on NHCC's campus.

The Associate of Science in Exercise Science Transfer Pathway will examine the effects of exercise and physical activity on people in order to optimize their physical and mental health. This program focuses on the anatomy, physiology, biochemistry and biophysics of human movement, and application to exercise and therapeutic rehabilitation. This degree can prepare students to transfer and choose from a broad range of careers such as clinical testing, personal training and performance enhancement, sports management, physical therapy, strength and conditioning, athletic training, cardiac rehabilitation and many more.

Program Outcomes

Knowledge of Human Cultures and the Physical and Natural World.

Apply principles, skills, and methods related to biomechanics, exercise physiology, health promotion, exercise prescription and sport psychology.

and sport psychology.

Intellectual and Practical Skills, Including: Apply the clinical and epidemiological evidence linking physical activity and exercise to mental and physical health. Apply the scientific method to solve problems related to physical activity and health. Utilize oral and written communication that meets appropriate professional and scientific standards in the field of Kinesiology/Exercise Science. Evaluate the effectiveness of human movement using mechanical principles. Associate the organic, skeletal, and neuromuscular structures of the human body to psychological factors associated with diverse physical activities. Work effectively in teams by valuing collaboration, providing service to others, and developing relational techniques for lifelong learning and problem solving.

Personal and Social Responsibility and Engagement, Including Apply Exercise Science related skills to real-world problems through empirical research, internships, field experience, and/or service learning. Demonstrate leadership and social responsibility to improve quality of life for others and ensure equitable access for diverse groups by creating appropriate environments to initiate and maintain a physically active, healthy lifestyle. Model behavior consistent with that of a Kinesiology professional, including 1) advocacy for a healthy, active lifestyle, 2) adherence to professional ethics, 3) service to others, 4) shared responsibility and successful collaboration with peers, and 5) pursuit of learning beyond NHCC. Safely Develop an individualized exercise prescription based on scientific principles and appropriate evaluation techniques designed to reduce the risk of chronic disease and avoid injuries.

Integrative and Applied Learning, Including Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community. Assimilate, analyze, synthesize and integrate concepts related to the exercise science field. Students will also be able to sit for professional certifications related to personal training, including but not limited to those offered by the National Academy of Sports Medicine, the American Council on Exercise, and select others.

Program Maps

Program roadmaps provide students with a guide to understand the recommended course sequence to complete their degree.

- [Exercise Science Transfer Pathway AS Program Roadmap Full Time](#)
 - [Exercise Science Transfer Pathway AS Program Roadmap Part Time](#)
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Career Opportunities

Information on careers, including career descriptions, salary data, and employment outlook is available on the [Bureau of Labor Statistics website](#) and [O*Net Online website](#).

Transfer Information

If you are planning on transferring to another institution, follow the guidelines available on our transfer resources web page to help you plan the process: [Transfer Information](#)

Degree Information

The Associate of Science (A.S.) degree is intended for students whose primary goal is to complete the credentials for a specific career and/or prepare for transfer to complete a bachelor's degree at a college or university with whom North Hennepin Community College has an articulation agreement. The A.S. degree provides a balance of general education courses and the required scientific, professional or technical courses in the degree program.

A student shall:

- Earn a minimum of 60 semester credits as required in the program, with a grade point average of 2.00 (C) or above in courses taken at North Hennepin Community College. Specific programs may have additional requirements or a higher minimum grade point average.
- Earn a minimum of 15 semester credits at North Hennepin Community College. A student must complete at least 50% of career specific courses at North Hennepin Community College.
- Earn 30 credits in at least 6 Minnesota Transfer Curriculum (MnTC) goal areas.
- Earn 30 professional/technical credits.
- Have four years to complete the graduation requirements as published in the catalog in effect at the time of their initial enrollment. Students taking more than four years to complete their graduation requirements may follow any catalog published during the four year period preceding their graduation.

Completion of an A.S. degree fulfills the Goal Area 2 requirement of the Minnesota Transfer Curriculum (MnTC).

Developmental Courses Some students may need preparatory course(s) in Math and/or English. Courses numbered below 1000 will not apply toward a degree.

Equal Opportunity Employer and Disability Access Information North Hennepin Community College is a member of Minnesota State Colleges and Universities system and an equal opportunity employer and educator. This document is available in alternative formats to individuals with disabilities by calling 7634930555 or through the Minnesota Relay Service at 18006273529.

Accreditation

North Hennepin Community College is accredited by the Higher Learning Commission (hlcommission.org), an institutional accreditation agency recognized by the U.S. Department of Education.

30 N. LaSalle Street, Suite 2400

Chicago, IL 60602-2504

1-800-621-7440

