

EXERCISE SCIENCE AND WELLNESS, A.A.S.

Entry Time

Fall

Award

Associate of Applied Science degree

2 years (4 terms)

Kirkwood Community College's Exercise Science program will provide the training necessary to become a nationally recognized fitness professional and/or to continue to an institution offering bachelor's degrees, or to further individual knowledge in order to serve the local community. Students within the exercise science program will attain skills in assessment and identification of health risks and fitness program design for general and special populations. Students would also gain knowledge and understanding of physical and physiological adaptations to the environment and exercise and be able to utilize that knowledge to educate others regarding proper exercise form, anatomy, physiology, and the nutrition required to meet health goals.

Graduates from the Exercise Science and Wellness program are eligible to take the Certified Personal Trainer examination offered by various organizations including the National Academy of Sports Medicine, the American Council on Exercise, and the National Strength and Conditioning Association.

Career Opportunities

- fitness centers
- health clubs
- physical therapy clinics
- sports teams
- hospitals
- build own business

Degree Requirements

Term 1		Credit Hours
Select one of the following:		3
BIO-151	Nutrition ¹	
PEH-191	Sports Nutrition ¹	
ENG-105 or ENG-120	Composition I or College Writing	3
Select one of the following: ¹		3
EXS-120	Human A&P for Exercise Sci	
BIO-168 & BIO-173	Human Anatomy Physiology I and Human Anatomy Physiology II	
Math Course		3
Program Elective ¹		3
Activity Course		1
Term Totals:		16

Term 2		
ENG-106	Composition II	3
EXS-180	Fitness Programming and Design ¹	3
PEH-170	Principles of Weight Training ¹	3
PSY-111	Intro to Psychology	3
Humanities or History/Culture Course (https://creditcatalog.kirkwood.edu/aas-degree-humanities-requirement/)		3
Term Totals:		15
Term 3		
EXS-280	Exercise Physiology ¹	4
Math Course		3
SPC-101 or SPC-112	Fundamentals of Oral Comm or Public Speaking	3
Program Elective ¹		6
Term Totals:		16
Term 4		
PEH-270	Exercise for Special Populatsn ¹	3
EXS-285	Personal Trainer Capstone ¹	3
WBL-302	Intern: STEM ¹	2
PSY-121 or PEH-155	Developmental Psychology or Exercise Psychology	3
Humanities or History/Culture Course (https://creditcatalog.kirkwood.edu/aas-degree-humanities-requirement/)		3
Activities Course		1
Term Totals:		15
Program Totals:		62

Program Electives

Code	Title	Credit Hours
PEH-111	Personal Wellness ¹	3
PEC-111	Technique & Theory of Coaching ¹	2
PEC-126	Athletic Injury Prevention ¹	2
PEC-148	Theory of Coaching Basketball ¹	2
PEH-155	Exercise Psychology ¹	3
PEH-160	Fundamentals of Health Coaching ¹	3
PEH-165	Intro to Comp & Alt Medicine ¹	3
PEH-191	Sports Nutrition ¹	3
PEH-255	Principles Sports Management ¹	3
PEH-924	Honors Project ¹	1
PEH-928	Independent Study ¹	1

Activities Courses

Code	Title	Credit Hours
PEA-102	Aerobic Fitness I	1
PEA-162	Speed and Conditioning I	1

PEA-187	Weight Training I	1
PEA-287	Weight Training II	1

¹ Minimum grade of C- to graduate