

GET STARTED ON AN IN-DEMAND CAREER.



EXERCISE SCIENCE CONCENTRATION

Associate of Science

JOB OPPORTUNITIES FOR FOUR-YEAR GRADUATES

Exercise Science professionals work in the health and fitness industry, and are skilled in evaluating health behaviors and risk factors, conducting fitness assessments, writing appropriate exercise prescriptions, and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion. They conduct these activities in university, corporate, commercial or community settings where their clients participate in health promotion and fitness-related activities.

SALARY

Average starting salary range is \$23,200 - \$30,670 depending on position, certificates and place of employment. Annual median salaries are approximately \$27,800. Upon completing a bachelor's degree in areas from athletic trainers to exercise science, salaries can begin at \$39,640 depending on the workplace.

TRANSFER OPTIONS

Transfer institutions may require different courses for this transfer program. Students should tailor their Owens program as closely as possible to the requirements at their four-year school of choice. Please schedule an appointment with an advisor for more information on local institution program alignment.

INTERNSHIPS

Owens Community College offers an on and off-campus internship experiences that provides over 100 hours of professional and hands-on lab and community engagement opportunities to provide active learning to our students. For more information on the internship expectations, please contact the department chair.



The NSCA Education Recognition Program (ERP) recognizes and distinguishes schools with standardized, approved personal training curricula in undergraduate and graduate settings designed to prepare students for the NSCA-Certified Personal Trainer® (NSCA-CPT®) certification.

OWENS.EDU

Office of Admissions
Toledo-area Campus - (567) 661-7777

School of Nursing and Health Professions
Therapeutic Services Department
Program Facilitator: (567) 661-2108



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PROGRAM CURRICULUM



EXERCISE SCIENCE Associate of Science

REQUIRED COURSES

1ST SEMESTER - FALL

BIO 121	Human Anatomy & Physiology	Credits: 4(Lec: 4)
or		
BIO 211	Anatomy and Physiology I *	Credits: 4(Lec: 3 Lab: 3)
	<i>If transfer path is followed</i>	
EXS 101	Intro to Exercise Science	Credits: 3(Lec: 3)
PSY 101	General Psychology *	Credits: 3(Lec: 3)
HPE 132	Weight Training	Credits: 1(Lec: 1)
ENG 111	Composition I *	Credits: 3(Lec: 3)
or		
ENG 111P	Composition I Plus *	Credits: 4(Lec: 4)
EXS 130	Intro to Kinesiology	Credits: 3(Lec: 2 Lab: 3)

2ND SEMESTER - SPRING

EXS 205	Exercise Programming	Credits: 3(Lec: 2 Lab: 3)
ENG 112	Composition II *	Credits: 3(Lec: 3)
or		
HON 201	Interpretations Seminar *	Credits: 3(Lec: 3)
PSY 260	Life Span Psychology *	Credits: 3(Lec: 3)
EXS 102	Athletic Strength & Conditioning	Credits: 4(Lec: 3 Lab: 3)
SPE 102	Interpersonal Commun	Credits: 3(Lec: 3)
or		
SPE 100	Intro to Human Communication	Credits: 3(Lec: 3)
	<i>If transfer path is followed</i>	

3RD SEMESTER - FALL

BIO 125	The Science of Nutrition	Credits: 3(Lec: 3)
or		
FNH 126	Human Nutrition	Credits: 3(Lec: 3)
	<i>If transfer path is followed</i>	
EXS 201	Health Promo & Fitness Assess	Credits: 3(Lec: 2 Lab: 3)
HSC 260	Personal Wellness	Credits: 3(Lec: 3)
EXS 209	Exercise Physiology	Credits: 4(Lec: 3 Lab: 3)
_____	Art and Humanities Elective	Credits: 3(Lec: 3)

4TH SEMESTER - SPRING

EXS 280	Exercise Science Practicum	Credits: 2(Lec: 1 Clinical: 7)
EXS 281	Exercise Science Capstone	Credits: 1(Lec: 1)
MTH 213	Introductory Statistics *	Credits: 3(Lec: 3)
or		
MTH 213P	Introductory Statistics Plus	Credits: 4(Lec: 4)
SOC 220	Multicultural Diversity in US *	Credits: 3(Lec: 3)
_____	Art and Humanities Elective	Credits: 3(Lec: 3)
BIO 212	Anatomy and Physiology II *	Credits: 4(Lec: 3 Lab: 3)
	<i>ONLY taken if transfer path is followed</i>	

*Ohio Transfer Module Course

More information about the Ohio Transfer Module Course can be found at www.ohiohighered.org/transfer/transfermodule

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