

# 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

BIO 121	Human Anatomy and Physiology	Credits: 4(Lec: 4)
ENG 111*	Composition I	Credits: 3(Lec: 3)
EXS 101	Intro to Exercise Science	Credits: 3(Lec: 3)
PSY 101*	General Psychology	Credits: 3(Lec: 3)
EXS 130	Intro to Kinesiology	Credits: 3(Lec: 3)

#### 2ND SEMESTER

ENG 112*	Composition II	Credits: 3(Lec: 3)
HSC 260	Personal Wellness	Credits: 3(Lec: 3)
EXS 102	Athletic Strength and Conditioning	Credits: 4(Lec: 3 Lab: 3)
SPE 102	Interpersonal Communication	Credits: 3(Lec: 3)
PSY 260*	Life Span Psychology	Credits: 3(Lec: 3)

#### 3RD SEMESTER

BIO 125	The Science of Nutrition	Credits: 3(Lec: 3)
EXS 201	Health Promotion and Fitness Assessment	Credits: 3(Lec: 2 Lab: 3)
EXS 205	Exercise Programming	Credits: 3(Lec: 2 Lab: 3)
EXS 209	Exercise Physiology	Credits: 4(Lec: 3 Lab: 3)
_____	Arts and Humanities Elective	Credits: 3(Lec: 3)

#### 4TH SEMESTER

EXS 280	Exercise Science Directed Practice	Credits: 2(Lec: 1 Clinical: 7)
EXS 281	Exercise Science Capstone	Credits: 1(Lec: 1)
MTH 213	Introductory Statistics	Credits: 3(Lec: 3)
SOC 220	Multicultural Diversity in US	Credits: 3(Lec: 3)
_____	Arts and Humanities Elective	Credits: 3(Lec: 3)
HPE 132	Weight Training	Credits: 1(Lec: 1)

\*Ohio Transfer Module Course

More information about the Ohio Transfer Module Course can be found at [www.ohiohighered.org/transfer/transferrmodule](http://www.ohiohighered.org/transfer/transferrmodule)

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