

EXERCISE AND SPORT SCIENCE

Delivery: Daytime or Evening Program
 Start: Fall or Spring Semester, Full- or Part-Time
 Location: Rosemount Campus

Outcome

Exercise and Sport Science A.S. Degree 64 credits
 Exercise and Sport Science A.A.S. Degree 64 credits
 Personal Training Certificate 16 credits
 Advanced Personal Training Certificate 16 credits
 Group Fitness Certificate 16 credits
 Geriatric Health and Fitness Certificate 16 credits
 Community Coaching Certificate 16 credits

Major Description

This program offers training and development directly related to positions in a variety of health, fitness and sports occupations. Core coursework covers exercise and sport science. Supporting courses involve academic areas such as health science and physiology. The curriculum provides ongoing practical education and experiences in conjunction with a final semester internship for the A.A.S. degree.

Work Environment

Exercise and Sport Science graduates become valuable employees in fitness centers, YMCA/YWCA facilities, corporate fitness centers, collegiate and hospital-based wellness centers, cruise lines and cardiac rehabilitation centers.

Potential Job Titles

- Sports Trainer
- Athletic Trainer
- Fitness Specialist
- Physical Trainer
- Sports Athletic Trainer
- Sport Scientist

Salary Data

- Average Wage: \$45,791/year
- Top Earners: \$71,833/year

EXERCISE AND SPORT SCIENCE – A.S. DEGREE

This degree is designed for students wishing to transfer to a four-year institution to obtain an advanced degree.

Fall Semester – First Year

Course#	Course Title	Credits
EXER1000	Introduction to Human Performance Studies	3
EXER1020	Strength Training	2
EXER1065	Psychology of Sport and Performance	3
BIOL1500	General Biology	4
SPEE1020	Interpersonal Communication	3
Total Credits		15

Spring Semester – First Year

Course#	Course Title	Credits
EXER1015	Personal Health and Wellness	3
EXER1025	Physical Conditioning	2
	Technical Elective*	3
ENGL1100	Writing and Research Skills	3
PSYC1100	General Psychology	3
	General Education Elective**	3
Total Credits		17

Fall Semester – Second Year

Course#	Course Title	Credits
BIOL2000	Anatomy and Physiology I	4
	Technical Electives*	6
COML1400	Introduction to Computers	3
SOCY1110	Intro to Sociology OR	3
SOCY1010	Marriage & Family	
Total Credits		16

Spring Semester – Second Year

Course#	Course Title	Credits
EXER2295	Social and Ethical Aspects of Sport	3
BIOL2010	Anatomy and Physiology II	4
	Technical Electives*	4
INTS1010	Job Search Skills	1
	General Education Elective (MnTC Goal 3 or 4)**	4
Total Credits		16

TOTAL PROGRAM REQUIREMENTS 64

*This is a sample course sequence resulting in an A.S. degree.
 Please consult your program advisor regarding your academic plans.*

* Technical electives may be selected from the following subject area: EXER.

** See General Education A.S. degree requirements on page 115 in the college catalog.

EXERCISE AND SPORT SCIENCE – A.A.S. DEGREE

Fall Semester – First Year

Course#	Course Title	Credits
BIOL1500	General Biology	4
EXER1000	Introduction to Human Performance Studies	3
EXER1020	Strength Training	2
EXER1065	Psychology of Sport and Performance	3
SPEE1020	Interpersonal Communication	3
Total Credits		15

Spring Semester – First Year

Course#	Course Title	Credits
ENGL1100	Writing and Research Skills	3
EXER1015	Personal Health and Wellness	3
EXER1025	Physical Conditioning	2
EXER1050	Nutrition for Health & Human Performance	3
	Technical Elective*	3
PSYC1100	General Psychology	3
Total Credits		17

Fall Semester – Second Year

Course#	Course Title	Credits
BIOL2000	Anatomy and Physiology I	4
EXER2020	Personal Training and Exercise Leadership I	2
EXER2090	Exercise for Special Populations	2
EXER2115	Applied Exercise Physiology	3
	Technical Elective*	2
COML1400	Introduction to Computers	3
Total Credits		16

Spring Semester – Second Year

Course#	Course Title	Credits
BIOL2010	Anatomy and Physiology II	4
EXER2060	Personal Training and Exercise Leadership II	2
EXER2295	Social and Ethical Aspects of Sport	3
EXER2975	Practicum	3
	Technical Elective*	3
INTS1010	Job Seeking Skills	1
Total Credits		16

TOTAL PROGRAM REQUIREMENTS 64

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* Technical electives may be selected from the following subject area: EXER.

PERSONAL TRAINING – CERTIFICATE

Fall Semester – First Year

Course#	Course Title	Credits
EXER1020	Strength Training	2
EXER1065	Psychology of Sport and Performance	3
EXER2020	Personal Training and Exercise Leadership I	2
EXER2975	Practicum	1
HEAL1000†	First Aid/CPR	1
HEAL1101‡	Anatomy and Physiology	4
SPEE1020	Interpersonal Communication	3
Total Credits		16

TOTAL PROGRAM REQUIREMENTS 16

*This is a sample course sequence resulting in an certificate.
Please consult your program advisor regarding your academic plans.*

† Students can substitute HLTW1000 for HEAL1000.
‡ Students can substitute BIOL2000 and BIOL2010 for HEAL1101.

ADVANCED PERSONAL TRAINING – CERTIFICATE

Must be ACE certified or have completed the Personal Training Certificate.

Fall Semester – First Year

Course#	Course Title	Credits
ENTR1650	Selling Strategies for the Entrepreneur	3
EXER1025	Physical Conditioning	2
EXER1050	Nutrition for Health and Human Performance	3
EXER2060	Personal Training and Exercise Leadership II	2
EXER2125	Applied Biomechanics & Movement Anatomy	3
MKTC1000	Principles of Marketing	3
Total Credits		16

TOTAL PROGRAM REQUIREMENTS 16

*This is a sample course sequence resulting in an certificate.
Please consult your program advisor regarding your academic plans.*

GROUP FITNESS – CERTIFICATE

Fall Semester – First Year

Course#	Course Title	Credits
EXER1020	Strength Training	2
EXER1065	Psychology of Sport and Performance	3
EXER2020	Personal Training and Exercise Leadership I	2
EXER2250	Group Fitness Instruction	2
EXER2975	Practicum	2
HEAL1000†	First Aid/CPR	1
HEAL1101‡	Anatomy and Physiology	4
Total Credits		16

TOTAL PROGRAM REQUIREMENTS 16

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† Students can substitute HLTW1000 for HEAL1000.
‡ Students can substitute BIOL2000 and BIOL2010 for HEAL1101.

COMMUNITY COACHING – CERTIFICATE

Fall Semester – First Year

Course#	Course Title	Credits
EXER1045	Organization and Management of Sports	3
EXER1200	Team and Individual Games	2
EXER2060	Personal Training and Exercise Leadership II	2
EXER2225	Theory of Coaching	2
EXER2235	Introduction to Athletic Training	3
EXER2975	Practicum	1
EMRG1017	First Responder	3
Total Credits		16

TOTAL PROGRAM REQUIREMENTS 16

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GERIATRIC HEALTH AND FITNESS – CERTIFICATE

Fall Semester – First Year

Course#	Course Title	Credits
EXER1020	Strength Training	2
EXER2020	Personal Training and Exercise Leadership I	2
EXER2090	Exercise for Special Populations	2
EXER2250	Group Fitness Instruction	2
EXER2280	Health and Aging	3
HEAL1000†	First Aid/CPR	1
HEAL1101‡	Anatomy and Physiology	4
Total Credits		16

TOTAL PROGRAM REQUIREMENTS 16

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Please consult your program advisor regarding your academic plans.*

† Students can substitute HLTW1000 for HEAL1000.
‡ Students can substitute BIOL2000 and BIOL2010 for HEAL1101.