

HEALTH & EDUCATION

EXERCISE & SPORT SCIENCE

Delivery: Daytime Classes

Start: Fall or Spring Semester, Full- or Part-Time

OUTCOMES

Exercise Science Transfer Pathway A.S. Degree 60 cr.
Exercise & Sport Science A.A.S. Degree 60 cr.
Personal Training Certificate 16 cr.
Group Fitness Certificate 16 cr.

MAJOR DESCRIPTION

Exercise & Sport Science A.S./A.A.S Degree: This program offers two different 60-credit degree outcomes: Associate in Science and Associate in Applied Science. Both programs include technical courses in Exercise and Sport Science and general education courses. The A.S. degree is intended to prepare students to transfer to a four-year college or university. The A.A.S. degree prepares students to go directly into the workforce.

Personal Training Certificate: This program provides the student with hands-on, practical experience in the area of personal training. The certificate consists of 16 credits of coursework. All of the courses are offered during fall semester. EXER2020 Personal Training and Exercise Leadership I is offered in partnership with the American Council on Exercise (ACE). Students will be prepared for the ACE Personal Training certification exam following successful completion of the course.

Group Fitness Certificate: This program contains 16 credits of coursework and provides students with the knowledge and skills to gain employment as a group fitness instructor. EXER 2250 Group Fitness Instruction is offered in partnership with the American Council on Exercise (ACE). Students will be prepared for the ACE Group Fitness Instructor certification exam following successful completion of the course.

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 rehab centers.

POTENTIAL JOB TITLES

- Coach
- Fitness Specialist
- Personal Trainer
- Group Fitness Instructor

SALARY DATA

Fitness Trainer

- Average Wage: \$18.29/hour
- Top Earners: \$22.91/hour

Coach

- Average Wage: \$15.58/hour
- Top Earners: \$21.83/hour

Recreation Worker

- Average Wage: \$12.77/hour
- Top Earners: \$16.27/hour

EXERCISE SCIENCE TRANSFER PATHWAY

A.S. DEGREE

This is a sample course sequence.

Please contact your program advisor regarding your academic plans.

The Exercise Science Transfer Pathway A.S. offers students a powerful option: the opportunity to complete an Associate of Science degree whose course credits will directly transfer to designated bachelor's degree programs at Minnesota State universities. The entire curriculum has been carefully designed to guarantee junior-year status to students who have been admitted to a Minnesota State university. There, students can complete their bachelor's degree by earning 60 additional credits. Students may also transfer to additional 4-year colleges. Work with an advisor for transfer planning.

TRANSFER PATHWAYS

With this transfer pathway, you will be able to transfer to the following designated baccalaureate degree majors:

Minnesota State University, Mankato

Exercise Science - BS

Minnesota State University, Moorhead

Exercise Science - BS

Southwest Minnesota State University

Exercise Science - BS

Winona State University

Exercise and Rehabilitative Science - BS

First Year - Fall Semester 15 cr

EXER1000	Introduction to Human Performance Studies.	3
EXER1020	Strength Training.	2
CHEM1500	Introduction to Chemistry	4
ENGL1150	Composition I.	3
SPEE1020	Interpersonal Communication.	3

First Year - Spring Semester 16 cr

EXER1015	Personal Health and Wellness	3
EXER1050	Nutrition for Health and Human Performance.	3
	Technical Elective (EXER or PHED).	2
BIOL1500	General Biology.	4
PSYC1105	General Psychology	4

Second Year - Fall Semester 16 cr

EXER2115	Applied Exercise Physiology	3
BIOL2000	Anatomy and Physiology I.	4
ENGL2000	Composition II	3
SOCY1110	Intro to Sociology	3
	General Elective (MnTC Goal 5 or 10).	3

Second Year - Spring Semester 13 cr

BIOL2010	Anatomy and Physiology II	4
MATS1251	Statistics.	4
	General Elective (MnTC Goal 6 or 8).	4
	General Elective (MnTC Goal 6)	1

TOTAL PROGRAM REQUIREMENTS 60

EXERCISE & SPORT SCIENCE

A.A.S. DEGREE

This is a sample course sequence.

Please contact your program advisor regarding your academic plans.

First Aid/CPR certification is a requirement for graduation.

First Year - Fall Semester 15 cr

EXER1000	Introduction to Human Performance Studies.....	3
EXER1020	Strength Training.....	2
EXER1065	Psychology of Sport and Performance	3
BIOL1310	Intro Anatomy and Physiology	4
ENGL1150	Composition I.....	3

First Year - Spring Semester 15 cr

EXER1015	Personal Health and Wellness.....	3
EXER1025	Physical Conditioning.....	2
EXER1050	Nutrition for Health & Human Performance	3
	Technical Elective (EXER)	3
PSYC1105	General Psychology	4

Second Year - Fall Semester 14 cr

EXER2020	Personal Training and Exercise Leadership I.....	2
EXER2090	Exercise for Special Populations.....	2
EXER2115	Applied Exercise Physiology	3
EXER2260	Recruiting and Retaining Clients	1
ADMS1025	Computer Basics.....	1
SPEE1020	Interpersonal Communication.....	3
	Technical Elective (EXER)	2

Second Year - Spring Semester 16 cr

EXER2060	Personal Training and Exercise Leadership II.....	2
EXER2275	Sport Marketing.....	3
EXER2295	Social and Ethical Aspects of Sport	3
EXER2975	Practicum	3
SOCY1110	Introduction to Sociology (or SOCY1010).....	3
	Technical Elective (EXER)	2

TOTAL PROGRAM REQUIREMENTS 60

PERSONAL TRAINING

CERTIFICATE

This is a sample course sequence.

Please contact your program advisor regarding your academic plans.

First Aid/CPR certification is a requirement for graduation.

First Year - Fall Semester 16 cr

EXER1020	Strength Training.....	2
EXER1065	Psychology of Sport and Performance	3
EXER2020	Personal Training and Exercise Leadership I.....	2
EXER2260	Recruiting and Retaining Clients	1
EXER2975	Practicum	1
BIOL1310	Introduction to Anatomy and Physiology or	
HEAL1101	Anatomy and Physiology	4
SPEE1020	Interpersonal Communication.....	3

TOTAL PROGRAM REQUIREMENTS 16

GROUP FITNESS

CERTIFICATE

This is a sample course sequence.

Please contact your program advisor regarding your academic plans.

First Aid/CPR certification is a requirement for graduation.

First Year - Fall Semester (every other year) 16 cr

EXER1020	Strength Training.....	2
EXER1065	Psychology of Sport and Performance	3
EXER2020	Personal Training and Exercise Leadership I.....	2
EXER2250	Group Fitness Instruction.....	2
EXER2260	Recruiting and Retaining Clients	1
EXER2975	Practicum	2
BIOL1310	Introduction to Anatomy and Physiology or	
HEAL1101	Anatomy and Physiology	4

TOTAL PROGRAM REQUIREMENTS 16



DAKOTA COUNTY
TECHNICAL COLLEGE

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