

HEALTH & EDUCATION

EXERCISE & SPORT SCIENCE

Delivery: Course offerings include a mix of daytime on campus, online, and hybrid

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

AWARDS

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

MAJOR DESCRIPTION

Exercise and Sport Science A.S./A.A.S Degree: This program offers two different 60-credit degree awards: 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.

Both programs are designed to prepare students to gain knowledge and skills to work in the health, fitness and sport industries. Technical information will be combined with liberal arts and sciences to prepare students to work effectively with a variety of clients in health and fitness settings.

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 Trainer certification exam following successful completion of the course. Students will be expected to become nationally certified as a Personal Trainer. DCTC provides discounts to national certification exams but does not include the cost in tuition.

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

See latest data at careerwise.minnstate.edu.

- Average Wage: \$23.25/hour
- Top Earners: \$30.59/hour

ADDITIONAL INFORMATION

Scan the QR code for more program information and specific program costs.



EXERCISE SCIENCE TRANSFER PATHWAY

A.S. DEGREE

This is a suggested 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:

Bemidji State University

Exercise Science - B.S.

Minnesota State University, Mankato

Exercise Science - B.S.

Minnesota State University, Moorhead

Exercise Science - B.S.

Southwest Minnesota State University

Exercise Science - B.S.

St. Cloud State University

Exercise Science - B.S.

Winona State University

Exercise and Rehabilitative Science - B.S.
Health and Wellness Management - B.A.S.

First Year - Fall Semester **15 cr**

EXER1000	Introduction to Human Performance Studies.	3
EXER1020	Strength Training.	2
BIOL1500	General Biology.	4
COMS1020	Interpersonal Communication.	3
ENGL1150	Composition I.	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
CHEM1500	Introduction to Chemistry.	4
PSYC1105	General Psychology.	4

Second Year - Fall Semester **14 cr**

BIOL2000	Anatomy and Physiology I.	4
ENGL2000	Composition II.	3
SOCY1110	Intro to Sociology.	3
	General Elective (MnTC Goal 6 or 8).	4

Second Year - Spring Semester **15 cr**

EXER2115	Applied Exercise Physiology.	3
BIOL2010	Anatomy and Physiology II.	4
MATS1251	Statistics.	4
	General Elective (MnTC Goal 5 or 10).	3
	General Elective (MnTC Goal 6).	1

TOTAL PROGRAM REQUIREMENTS 60

EXERCISE & SPORT SCIENCE

A.A.S. DEGREE

This is a suggested sample course sequence.

Please contact your program advisor regarding your academic plans.

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
PSYC1105	General Psychology	4
	Technical Elective (EXER)	3

Second Year - Fall Semester 15 cr

EXER2020	Personal Training and Exercise Leadership I.....	2
EXER2260	Recruiting and Retaining Clients	1
EXER2295	Social and Ethical Aspects of Sport	3
ADMS1018	Basic Computer Applications	3
COMS1020	Interpersonal Communication.....	3
SOCY1110	Introduction to Sociology (or SOCY1010).....	3

Second Year - Spring Semester 15 cr

EXER2090	Exercise for Special Populations.....	2
EXER2115	Applied Exercise Physiology	3
MKTC1000	Principles of Marketing	3
EXER2975	Practicum	3
	Technical Elective (EXER)	4

TOTAL PROGRAM REQUIREMENTS 60

PERSONAL TRAINING

CERTIFICATE

This is a suggested sample course sequence.

Please contact your program advisor regarding your academic plans.

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
COMS1020	Interpersonal Communication.....	3

TOTAL PROGRAM REQUIREMENTS 16



DAKOTA COUNTY
TECHNICAL COLLEGE

A member of Minnesota State

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DCTC IS AN AFFIRMATIVE ACTION, EQUAL OPPORTUNITY EMPLOYER/EDUCATOR.

This information is available in an alternate format by calling 651-423-8469 or TTY/Minnesota Relay at 1-800-627-3529.