

EXERCISE SCIENCE

Program Certificate

Total Degree Credits 16

Prescribed Technical Program Requirements

HPER 100	Concepts of Fitness and Wellness	2
HPER 101	Activity: Introductory Level	1
HPER 197	Cooperative Education/Internship (Exercise Science)	2
HPER 202	Activity: Intermediate Level (Weight Lifting)	1
HPER 202	Activity: Intermediate Level (Weight Training)	1
HPER 217	Personal and Community Health	3
HPER 220	Introduction to Exercise Science	3
NUTR 240	Principles of Nutrition	3
Total Credits		16

College Degree Requirements