

EXERCISE AND SPORTS STUDIES

Associate in Applied Science

Prescribed Technical Program	45
General Education	15-16
Digital Literacy	
Total Degree Credits	60-61

Prescribed Technical Program Requirements

Clinical Exercise Science Program Certificate (32 credits) ¹	32
<i>OR</i>	
Select two of the following Program Certificates (32 credits total): ¹	
Exercise Science	
Sport & Fitness Entrepreneurship	
Sport & Fitness Management	
HPER 210	First Aid and CPR 1
HPER 214	Sociological Perspectives in Sport and Fitness 3
HPER 242	Introduction to Kinesiology 3
HPER 297	Cooperative Education/Internship 3
PSYC 207	Introduction to Sports and Performance Psychology 3
Total Credits	
	45

General Education Requirements

<i>Arts & Humanities/Social & Behavioral Sciences</i>		
SOC 235	Cultural Diversity (Required)	3
<i>Written or Oral Communications</i>		
ENGL 110	College Composition I (Required)	3
Select one of the following:		3-4
COMM 110	Fundamentals of Public Speaking	
ENGL 125	Introduction to Professional Writing	
<i>Business, Math, Science & Technology</i>		
MATH 110	Math in Society (Required)	3
BADM 281	Organizational Behavior (Required)	3
Total Credits		15-16

Digital Literacy Requirements

Select one of the following:	
CSCI 101	Introduction to Computers ²
CIS 147	Principles of Information Security ²
BSC Approved Training Course	
NDUS Institution Approved Training Course	
NDUS Institution Designated Digital Literacy Course	

1

Students completing the Clinical Exercise Science Program Certificate only need to complete one certificate. Students not choosing to complete the Clinical Exercise Science Program Certificate will need to select **TWO** of the following certificates to fulfill the AAS degree requirements: Exercise Science, Sport & Fitness Entrepreneurship, or Sport & Fitness Management.

2

CSCI 101, CIS 147 or courses transferred in from another NDUS Institution that are listed as both general education and digital literacy may satisfy both requirements upon successful completion.

General Education & Diversity Course Matrix Requirements