

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