

EXERCISE SCIENCE PATHWAY, A.S.

School of Health Sciences

The Associate of Science in Exercise Science program provides students with a comprehensive introduction to the core concepts of Exercise Science necessary for entry-level positions in the field of Kinesiology. Throughout the program, students will develop a strong understanding of the human body, explore various health and physiological issues, stay up-to-date with advancements in the field, and acquire the skills to apply relevant information effectively. This degree also serves as a stepping stone for students who plan to pursue a Bachelor of Science in Health Sciences at Georgia Highlands College. Additionally, students completing this degree will have fulfilled crucial course requirements for advanced degrees in disciplines such as Physiology, Physical Therapy, Occupational Therapy, Physician Assistant, Medical Doctor, and other health-related fields. Online completion is available.

To qualify for graduation, students must meet all graduation requirements (<http://catalog.highlands.edu/academic-information/#graduationrequirements>).

Code	Title	Hours	Completed
A. Essential Skills			
ENGL 1101	English Composition I	3	_____
ENGL 1102	English Composition II	3	_____
Select one of the following or a mathematics course for which one of these is a prerequisite:		3	_____
MATH 1001	Quantitative Reasoning		_____
MATH 1111	College Algebra		_____
MATH 1113	Precalculus		_____
B. Institutional Options			
COMM 1100	Human Communication	2-3	_____
or COMM 1110 Public Speaking			_____
Select one of the following:		2	_____
GHHU 2901	Special Topics: Humanities		_____
GHMA 2901	Special Topics: Mathematics		_____
GHSC 2901	Special Topics: Science		_____
GHSS 2901	Special Topics: Social Science		_____
C. Humanities/Fine Arts			
Select one of the following:		3	_____
ENGL 2111	World Literature I		_____
ENGL 2112	World Literature II		_____
ENGL 2121	British Literature I		_____
ENGL 2122	British Literature II		_____

ENGL 2131	American Literature I		_____
ENGL 2132	American Literature II		_____
ENGL 2135	Latino Literature		_____
ENGL 2140	African-American Literature		_____
Select one of the following:		3	_____
ARTS 1100	Art Appreciation		_____
ARTS 1111	Art History to Renaissance		_____
ARTS 1112	Art History Renaissance to Pre		_____
ENGL 2010	Humanities in Drama		_____
ENGL 2111	World Literature I		_____
ENGL 2112	World Literature II		_____
ENGL 2121	British Literature I		_____
ENGL 2122	British Literature II		_____
ENGL 2131	American Literature I		_____
ENGL 2132	American Literature II		_____
ENGL 2135	Latino Literature		_____
ENGL 2140	African-American Literature		_____
FILM 1100	Film Appreciation		_____
FILM 2700	History of Motion Pictures		_____
HUMS 2011	Studies In Humanities		_____
MUSC 1100	Music Appreciation		_____
PHIL 2010	Introduction to Philosophy		_____
RELI 1116	Intro to Religion		_____
SPAN 1001	Elementary Spanish I		_____
SPAN 1002	Elementary Spanish II		_____
SPAN 2001	Intermediate Spanish I		_____
SPAN 2002	Intermediate Spanish II		_____
THEA 1100	Theater Appreciation		_____
D. Science, Mathematics, and Technology			
Select one two-course sequence from the following:		8	_____

BIOL 1107K & BIOL 1108K	Principles of Biology I and Principles of Biology II	_____		
CHEM 1151K & CHEM 1152K	Survey of Chemistry I and Survey of Chemistry II	_____		
CHEM 1211 & 1211L & CHEM 1212 & 1211L	Principles of Chemistry I and Principles of Chemistry I Lab and Principles of Chemistry II and Principles of Chemistry I Lab (Strongly recommended)	_____		
PHYS 1111K & PHYS 1112K	Introductory Physics I and Introductory Physics II	_____		
PHYS 2211K & PHYS 2212K	Principles of Physics I and Principles of Physics II	_____		
Select one of the following:		3-4	_____	
MATH 1113	Precalculus	_____		
MATH 2040	Applied Calculus (Strongly Recommended)	_____		
MATH 2261	Calculus I	_____		
STAT 1401	Elementary Statistics	_____		
STAT 2401	Elementary Statistics II	_____		
E. Social Sciences				
POLS 1101	American Government	3	_____	
HIST 2111	American History I	3	_____	
or HIST 2112	American History II	_____		
Select one of the following:		3	_____	
HIST 1111	World Civilization to 1500	_____		
HIST 1112	World Civ Since 1500	_____		
HIST 1121	Western Civilization I	_____		
HIST 1122	Western Civilization II	_____		
Select one of the following:		3	_____	
ECON 2105	Principles of Macroeconomics	_____		
HIST 1111	World Civilization to 1500	_____		
HIST 1112	World Civ Since 1500	_____		
HIST 1121	Western Civilization I	_____		
HIST 1122	Western Civilization II	_____		
HIST 2111	American History I	_____		
HIST 2112	American History II	_____		
HIST 2154	Minorities in U.S. History	_____		
HIST 2400	Economic History	_____		
POLS 2401	Intro to Global Issues	_____		
POLS 2501	Intro to Domestic Issues	_____		
PSYC 1101	Intro to General Psychology (Recommended)	_____		
RELI 1116	Intro to Religion	_____		
SOCI 1101	Introductory Sociology	_____		
SOCI 1160	Intro to Social Problems	_____		
F. Courses Related to the Pathway				
EXSC 2100	Intro Phys Activity & Disease	3	_____	
BIOL 2251K	Anatomy & Physiology I	4	_____	
BIOL 2252K	Anatomy & Physiology II	4	_____	
PHED 1020	Cardiopulmonary Resuscitation	2	_____	
Select from the following to complete the remaining 18 hours:		5	_____	
AHSC 1101	Medical Terminology	_____		
EXSC 2240	Intro to Athletic Training	_____		
PHED 2202	Principles of Human Nutrition	_____		
Institutional Requirements Outside the Core				
PHED 1010	Concepts of Fitness/Health	2	_____	
Additional 2 credit hours of physical education		2	_____	
Total Hours		64-66	_____	