



Exercise Science Program's Recommended Course Sequence 2018 -19 Catalog Year

The following is a suggested two-year course sequence recommended by the department faculty. Note that pre-requisites for courses are not included in this plan, and it is always advisable to meet with a counselor to ensure you are meeting all current requirements.

Associate of Science Degree – Exercise and Nutritional Sciences

First Year

Fall Term	Units	Spring Term	Units	Summer Term	Units
HEAL 101 Health & Lifestyle	3.0	BIOL 230 Human Anatomy	4.0		
EXSC 241B Intro to Kinesiology	3.0	GE ¹ General Education Elective	3.0		
BIOL 107 General Biology Lecture & Lab	4.0	or ELECTIVE ² Major Elective	3.0		
GE ¹ General Education Elective	3.0				
or ELECTIVE ² Major Elective	3.0				
<i>Total Units</i>	13.0	<i>Total Units</i>	7.0	<i>Total Units</i>	0.0

Second Year

Fall Term	Units	Spring Term	Units	Summer Term	Units
EXSC 242B Care & Prevention of Injuries	3.0	NUTR 155 Advanced Nutrition	3.0		
NUTR 150 Nutrition	3.0	GE ¹ General Education Elective	3.0		
BIOL 235 Human Physiology	4.0	or ELECTIVE ² Major Elective	3.0		
GE ¹ General Education Elective	3.0				
or ELECTIVE ² Major Elective	3.0				
<i>Total Units</i>	10.0	<i>Total Units</i>	6.0	<i>Total Units</i>	0.0

¹**General Education (GE):** In addition to the courses listed above, students must complete one of the general education options listed in the course catalog for at least 60 units. It is strongly recommended that students consult with a counselor to determine which general education option is most appropriate for their individual educational goals.

²**Major Electives:** Students may select from the following courses- CHEM 100/100L, NUTR 153, NUTR 155, and NUTR 170.