

EXERCISE SCIENCE

Associate of Science degree



Program and Career Description:

The Exercise Science emphasis is a two-year program for students planning to complete a bachelor's degree at a four-year school. Students can pursue careers in area of Athletics and Wellness, Teachers of Physical Education, Personal Trainers, Dietitians, and Athletic Trainers. A few examples of career and salary estimates are listed below.

Career	Entry-Level Education	Entry-Level Pay	Median Pay	Experienced Pay
Physical Education Teachers	Bachelor's degree	\$38,830	\$49,770	\$56,890
Fitness Trainers and Instructors	HS diploma; certifications vary	\$19,420	\$34,750	\$45,320
Athletic Trainers	Bachelor's degree	\$32,030	\$42,010	\$49,880
Dietitians and Nutritionists	Bachelor's degree	\$37,420	\$54,310	\$64,100
Exercise Physiologists	Bachelor's degree; some require Master's	\$33,580	\$41,760	\$54,600

Career and salary information taken from JOBS4TN.GOV. Check out this website for additional information about job descriptions, education requirements and abilities, and supply and demand for these careers. For additional information from a national perspective, go to Bureau of Labor Statistics, U. S. Department of Labor on the internet at www.bls.gov. Visit the [Occupational Outlook Handbook](#) on this website. Salaries are not guaranteed.

Transfer Options

This program is a Tennessee Transfer Pathway (TTP) major. A student who completes the associates degree in this major is guaranteed that all required community college courses will be accepted in this major at the transfer institution. To see which four-year institutions offer this TTP major and guarantees a seamless transfer, visit the Tennessee Transfer Pathway website at www.tntransferpathway.org.

Articulation agreements exist between other private and non-TN public institutions. These agreements are available at www.columbiastate.edu/admissions/transfer-information.



EXERCISE SCIENCE

Major in Tennessee Transfer Pathway with Emphasis in Exercise Science (A.S.)

Program Requirements

Students may be required to take additional Learning Support courses.

Communications Requirement

COMM 2025 or COMM 2055
ENGL 1010, 1020

History Requirement (Take 2 courses)

HIST 2010, 2020, 2030, 2310, 2320

Humanities/Fine Arts (Take 3 courses -- one must be a literature course)

ART 1035, 2000, 2020

ENGL 2160, 2860

HUM 1010, 1020

MUS 1030

PHIL 1030, 1040, 2200

THEA 1030

Literature Options: ENGL 2055, 2130, 2235, 2310, 2320

Natural Sciences Requirement

BIOL 2010, 2020

Mathematics Requirement (Take one course)

MATH 1010, 1130, 1530, 1630, 1710, 1720, 1730, 1830, 1910

Social/Behavioral Sciences

PHED 2120

PSYC 1030

Major Required Courses

COLS 101

HED 231, 241

PHED 2220, 2320

PHED Activity Courses (Take 2 courses)

Electives*

*Note: An elective can be any college-level course.

If you have completed TN eCampus courses, run a degree audit from the student tab in myChargerNet to determine how these courses apply to this program.

Requirements for Graduation include:

- earning 25% of total program credits in residence at Columbia State.
- earn a cumulative GPA of 2.0 or higher.
- taking the Exit Exam.

Sample Academic Plan

First Year – Fall Semester

___ ENGL 1010	English Composition I	3
___ Mathematics Requirement		3
___ Humanities/Fine Arts		3
___ PHED 2120	Essential Lifetime Wellness	3
___ History Requirement		3
___ COLS 101	Columbia State College Success	1
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First Year – Spring Semester

___ ENGL 1020	English Composition II	3
___ COMM 2025	Fundamentals of Communication or	
___ COMM 2055	Argumentation and Debate	3
___ PHED 2220	Introduction to Exercise Science	3
___ History Requirement		3
___ HED 231	Safety & First Aid	3
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Second Year – Fall Semester

___ Literature Requirement		3
___ PSYC 1030	Introduction to Psychology	3
___ BIOL 2010	Human Anatomy & Physiology I	4
___ HED 241	Principles of Nutrition	3
___ PHED Activity		1
___ Elective*		1
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Second Year – Spring Semester

___ BIOL 2020	Human Anatomy & Physiology II	4
___ Humanities/Fine Arts		3
___ PHED 2320	Care and Prevention of Athletic Injuries	3
___ PHED Activity		1
___ Elective*		3
		14

TOTAL CREDIT HOURS 60

At some universities, foreign language may be required in certain programs that lead to the Bachelor of Science Degree. Complete information regarding foreign language requirements at each university may be found on the transfer and articulation web sites of the Tennessee Board of Regents and the University of Tennessee System. Community college students are encouraged to be familiar with foreign language requirements at the universities and, if applicable, complete the requirements before transferring.

For more information contact:

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or

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