

EXERCISE SCIENCE (FORMERLY HEALTH FITNESS), Arts and Sciences AA (R): 157C

Total Credits: 60
Catalog Editions 17-18 through 19-20

Name:

Date:

ID #:

GENERAL EDUCATION: FOUNDATION COURSES	Course	Hours	Grade
English Foundation (EN 102/ENGL 102 or EN 109/ENGL 103)		3	
Math Foundation CONSULT HLTH FACULTY ADVISOR ABOUT CHOICE			

GENERAL EDUCATION: DISTRIBUTION COURSES	Course	Hours	Grade
Arts Distribution (ARTD)			
Humanities Distribution (HUMD) ††			
Behavioral & Social Sciences Distribution (BSSD)	PY 102/ PSYC 102	3	
Behavioral & Social Sciences Distribution (BSSD) ‡		3	
Natural Sciences Distribution with Lab (NSLD)	BI 107/ BIOL 150	4	
Natural Sciences Distribution with Lab (NSLD) **	BI 204/ BIOL 212	4	
General Education Institutional Requirement (GEIR)	SP 108/ COMM108	3	
General Education Institutional Requirement (GEIR)	HE 200/ HLTH 225	3	

PROGRAM REQUIREMENTS	Course	Hours	Grade
ENGL 101 or ENGL 101A (if needed for ENGL 102/103 or HLTH Elective, HLTH 121*)			
	BI 205/ BIOL 213	4	
	HE 205/ HLTH 220	3	
	PE 202/ PHED 206	3	
	PE 228/ PHED 228	3	
	PE 230/ PHED 230	3	
	PE 237/ PHED 237	3	
	PE 238/ PHED 240	3	
	PE 250/ PHED 250	3	

Overall GPA of 2.0 is required to graduate

Total Credits:

* ENGL 101/ENGL 101A, if needed for ENGL 102/ENGL 103. If ENGL 101 is not needed recommended health elective, HLTH 121 .

† MATH 165 or MATH 150 can be taken to fulfill this requirement. (Consult department adviser to determine the appropriate math course.) Students should consult with an Exercise Science program adviser (<https://www.montgomerycollege.edu/academics/program-advising/index.html#h>) before selecting electives.

‡ Meets general education global and cultural perspective.

†† Recommend one of the following if transferring to Salisbury University. HIST 114 , HIST 116, or HIST 117

[Health Enhancement, Exercise Science, & Physical Education Website](#)

Advising Worksheet
Contact: [Anthony Solano](#)

Last Modified: May 2019

See an [advisor](#) to submit an [Application for Graduation](#) the semester BEFORE you intend to graduate.

Students participating in the articulated curriculum with Salisbury University - Shady Grove need an additional 10 credits that include HIST 117, 6 HLTH credits + 1 PHED credit. (PHED 166, HLTH 160 + 1 of the following courses-HLTH 131, HLTH 170, HLTH 212, HLTH 215, or HLTH 230). Students must meet with departmental advisers for selection of appropriate general education and professional courses.