

2009-2010

**EXERCISE SCIENCE DEGREE**

**Degree Program Requirements**  
*Manchester Community College*

NAME: \_\_\_\_\_  
DATE: \_\_\_\_\_ TRANSFERRED FROM: \_\_\_\_\_  
\_\_\_\_\_

**OFFICIAL**                      **UNOFFICIAL\***  
\_\_\_ Transfer                      \_\_\_ Transfer  
\_\_\_ Checklist                      \_\_\_ Checklist

**FIRST YEAR/FALL SEMESTER**

___ EXER111	Introduction to Exercise Science Industry	_____	2
___ BIOL110	Human Anatomy & Physiology I	_____	4
___ BIOL150	Nutrition	_____	3
___ CIS110	Microsoft Computer Applications	_____	3
___ ENGL110	College Composition I	_____	4
___ INT101	College Success Seminar	_____	1

**FIRST YEAR/SPRING SEMESTER**

___ EXER113	Physiology of Exercise I	_____	4
___ EXER213	Resistance Training Essentials	_____	3
___ BIOL120	Human Anatomy & Physiology II	_____	4
___ MATH131	College Algebra	_____	3
___	Social Science Elective	_____	3

**SECOND YEAR/FALL SEMESTER**

___ EXER116	Health Fitness Assessment & Programming	_____	4
___ EXER200	Advanced Physiology of Exercise	_____	4
___ EXER230	Kinesiology	_____	4
___	English Elective	_____	3
___	Business, Math, Science or Allied Health Elective	_____	3

**SECOND YEAR/SPRING SEMESTER**

___ EXER110	Group Exercise Leadership	_____	2
___ EXER212	Physical Activity and Aging	_____	3
___ EXER221	Exercise Science Internship	_____	3
___ EXER240	Injury Prevention & Post Rehabilitative Exercise	_____	4
___	Foreign Language/Humanities/Fine Arts Elective	_____	3

\_\_\_\_\_  
Joan Acorace  
Associate Vice President, Academic Affairs

\_\_\_\_\_  
Louise Fulling  
Special Projects Coordinator, Academic Affairs

**\*Unofficial Transfer:** Upon acceptance into a degree program at this college, it is YOUR responsibility to notify the Academic Affairs Office to apply these credits toward your program. Please call 668-6706, ext. 204.

cc: Advisor; Student

**Notes:** \_\_\_\_\_  
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√ = Complete      O = Still must take      R = Registered