



Springfield College Sequencing Guidelines Applied Exercise Science Major ▼ 2017-2018

If you are an Applied Exercise Science major who matriculated to Springfield College in 2017-2018, use this as a guide for sequencing your courses. Requirements listed on this guide are subject to change and may not be offered when listed—use your online degree audit for the most accurate information. Always confirm your plans with your advisor, and consult your advisor or chairperson if you have any questions.

AEXS Major – Typical First-Year Schedule

Fall:

AEXS 101, Introduction to Applied Exercise Science (3 cr)
BIOL 130, Anatomy & Physiology Concepts I (3 cr – also fills Natural Sciences GenEd)
BIOL 132, Anatomy & Physiology Concepts I Lab (1 cr – also fills Natural Sciences GenEd)
ENGL 113, College Writing I (3 cr)
Plus GenEds, major requirements with flexible timing, or electives (as applicable) to total approximately 15 credits

Spring:

BIOL 131, Anatomy & Physiology Concepts II (3 cr)
BIOL 133, Anatomy & Physiology Concepts II Lab (1 cr)
CHEM 101, Chemistry Survey (3 cr)
CHEM 102, Chemistry Survey Laboratory (1 cr)
ENGL 114, College Writing II (3 cr)
MOSK 101, Outdoor Pursuits (1 cr – also partially fills Physical Activities GenEd)
Plus GenEds, major requirements with flexible timing, or electives (as applicable) to total 30 credits for the year

Fall or Spring:

HLTH 100, Wellness: A Way of Life (3 cr – fills Health and Wellness GenEd)
Quantitative Reasoning GenEd: MATH 115, College Algebra (3 cr) is recommended, as it's a prerequisite for PHYS 205 (or MATH 125, 131, or 140)

AEXS Major – Typical Second-Year Schedule

Fall or Spring:

AEXS 313, Physiology of Exercise (3 cr)
AEXS 315, Physiology of Exercise – Lab (0 cr)
PHYS 205, Physics for Movement Science (3 cr)
PHYS 207, Physics for Movement Science Laboratory (1 cr)
Plus GenEds, major requirements with flexible timing or electives (as applicable) to total 30 credits for the year

AEXS Major – Typical Third-Year Schedule

Fall or Spring:

AEXS 350, Internship I (2 cr)
Plus GenEds, major requirements with flexible timing or electives (as applicable) to total 30 credits for the year

AEXS Major – Typical Fourth-Year Schedule

Fall or Spring:

AEXS 401, Management of Health/Fitness Programs (3 cr – also fills one WAC requirement)
AEXS 410, Senior Seminar (3 cr)
AEXS 486, Internship II (9 cr)
Plus any outstanding major requirements, GenEd, or electives to total a minimum of 120 credits

Additional AEXS Requirements – Flexible Timing

AEXS 284, On-Campus Practicum (1 cr) – should be taken 1st or 2nd year
AEXS 319, Kinesiology/Biomechanics (3 cr) – after meeting prerequisites
AEXS 321, Kinesiology/Biomechanics – Lab (0 cr)
AEXS 335, Measurement and Evaluation (3 cr) – can be taken 2nd, 3rd or 4th year
AEXS 360, Exercise Testing and Prescription (3 cr) – should be taken 2nd or 3rd year fall
AEXS 362, Exercise Testing and Prescription – Lab (0 cr)
AEXS 465, Exercise Testing and Prescription for Special Populations (3 cr) – after meeting prerequisites
AEXS 480, Concepts of Personal Training (3 cr) – should take 3rd or 4th year
NUSC 261, Introduction to Nutrition (3 cr) – should be taken 1st or 2nd year
PEPC 125, Health Fitness Resistance Training (1 cr – also partially fills Physical Activities GenEd) – can be taken any year

Additional requirements continued on reverse

Additional AEXS Requirements – Flexible Timing, cont.

Plus **one** of the following:

AEXS 470, Strength and Conditioning (3 cr) – should take 4th year; required for optional Sports Performance concentration

AEXS 561, Electrocardiogram Interpretation and Graded Exercise Testing (3 cr) – should only be taken during 4th year; required for optional Clinical concentration

Plus **one** of the following:

NUSC 361, Applied Nutrition (3 cr) – can be taken 2nd year or later; required for optional Fitness Management and Personal Training concentration

AEXS 540, Sports Nutrition (3 cr) graduate-level course – should only be taken during 4th year; required for optional Sports Performance concentration

Plus **one** of the following aerobics courses (also partially fills Physical Activities GenEd):

PEAC 111, Aerobic Dance (.5 cr)

PEAC 115, Fitness Swimming (.5 cr)

PEAC 116, Jogging (.5 cr)

PEPC 146, Health Fitness Aerobics (1 cr)

PEPC 211, Aerobic Activities (.5 cr)

In addition, you may complete one of the following **OPTIONAL** concentrations:

Fitness Management and Personal Training Concentration:

BUSM 150, Introduction to Business (3 cr – also fills one WAC requirement)
SMRT 116, Event Management and Promotions (3 cr)
NUSC 361, Applied Nutrition (3 cr)

Plus **one** of the following:

BUSM 221, Principles of Marketing (3 cr)

SMRT 350, Marketing and Public Relations for Sport and Recreation Management (3 cr)

Plus **one** of the following:

BUSM 340, Small Business Management (3 cr)

BUSM 375, Entrepreneurial Studies (3 cr – BUSM 210 or instructor permission is prerequisite)

Plus **one** of the following:

PSYC 320, Health Psychology (3 cr – PSYC 101 is prerequisite)

PSYC 418, Behavior Modification (3 cr – PSYC 101 is prerequisite)

Clinical Concentration:

BIOL 121/123, Bioscience I (3 cr) and Laboratory (1 cr)
BIOL 122/124, Bioscience II (3 cr) and Laboratory (1 cr)
BIOL 250/252, Human Anatomy and Physiology I (3 cr) and Laboratory (1 cr)
BIOL 251/253, Human Anatomy and Physiology II (3 cr) and Laboratory (1 cr)
CHEM 121/123*, General Chemistry I (3 cr) and Laboratory (1 cr)
CHEM 122/124, General Chemistry II (3 cr) and Laboratory (1 cr)
PHYS 210/212, General Physics I* (4 cr)
PHYS 211/213, General Physics II (4 cr)
AEXS 561, Electrocardiogram Interpretation and Graded Exercise Testing (graduate-level course, 3 cr)

*CHEM 121/123 will substitute for CHEM 101/102 and PHYS 210 will substitute for PHYS 205/207. Note that MATH 125, Precalculus, is prerequisite for PHYS 210.

Sports Performance Concentration:

AEXS 470, Strength & Conditioning (3 cr)
AEXS 471, Strength & Conditioning Applications (1 cr)
AEXS 540, Sports Nutrition (graduate-level course, 3 cr)
MOST 105, Lifespan Motor Development (3 cr)
MOST 224, Motor Learning and Skill Acquisition (3 cr – also fills one WAC requirement)
MOST 328, Psychology of Sport (3 cr)
PHED 212, Principles and Problems of Coaching (2 cr)
SMRT 106, Dynamics of Leadership (3 cr)

AEXS Program Standards

Program standards for the AEXS major include, but are not limited to:

- A minimum cumulative GPA of 2.750
- A grade of C- or better in all courses with an AEXS prefix
- Earning 10.0 professional developments points (PDPs) through the course of each calendar year, as outlined in the PDP Guideline

For more information about these and other program standards, contact your advisor or the AEXS program coordinator.

GenEd Requirements, Electives, and College Requirements

This major (without an optional concentration) typically requires 66.5 credits to complete. In addition to the requirements previously listed, you must complete:

- **Additional GenEds:** 2nd WAC course, Computing/Technology, Literary Studies, Visual/Performing Arts, Spiritual/Ethical Dimensions, Historical/Cultural Studies, Behavioral/Social Sciences, International/Multicultural Studies, Social Justice, and .5 cr of Physical Activity (unless you selected PEPC 146)
- **14 elective credits or more** (depending on GenEds selected and whether you complete an optional concentration) to total at least 120 credits
- The **residency requirement**—60 credits taken at Springfield College (including 15 of your last 30)