

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	Beginning Salary with BS degree	Experienced Salary Median
Physical Education Teacher	\$32,000 - \$51,000	\$41,000
Personal Trainer	\$17,000 - \$65,000	\$31,000
Exercise Physiologist	\$25,000 - \$65,000	\$45,000
Athletic Trainer	\$25,000 - \$70,000	\$47,500
Dietitian	\$33,000 - \$76,000	\$53,000

Career and salary information taken from www.bls.gov. Check out this web site for additional information about education requirements and preferred work styles and abilities for these careers. Salaries are not guaranteed.

Transfer Options

Per the *Complete College Tennessee Act of 2010*, this degree will be transferable to any of the following universities offering a Baccalaureate degree in this major:

- Austin Peay State University
- East Tennessee State University
- Middle Tennessee State University
- Tennessee State University
- Tennessee Tech University
- University of Memphis
- University of Tennessee, Chattanooga
- University of Tennessee, Knoxville
- University of Tennessee, Martin

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

ENGL 1010, 1020
SPCH 1010 or SPCH 1030

History Requirement (Take 2 courses)

HIST 1110, 1120, 2010, 2020, 2030

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

ART 1030
ARTH 2010, 2020
ENGL 2015
HUM 1130, 1131
MUS 1030
PHIL 1030, 2030, 2033
THEA 1030
Literature Options: ENGL 2130, 2230, 2310, 2320, 2920

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

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.
- cumulative GPA must be 2.0.
- taking the Exit Exam.

Sample Academic Plan

First Year – Fall Semester

___ ENGL 1010	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
		16

First Year – Spring Semester

___ ENGL 1020	Composition II	3
___ SPCH 1010	Fundamentals of Speech Communication or	
___ SPCH 1030	Argumentation and Debate	3
___ PHED 2220	Introduction to Exercise Science	3
___ History Requirement		3
___ Humanities/Fine Arts		3
		15

Second Year – Fall Semester

___ Literature Requirement		3
___ PSYC 1030	General Psychology	3
___ BIOL 2010	Human Anatomy & Physiology I	4
___ HED 241	Principles of Nutrition	3
___ PHED Activity		1
___ Elective*		1
		17

Second Year – Spring Semester

___ BIOL 2020	Human Anatomy & Physiology II	4
___ HED 231	Safety & First Aid	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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931.540.2780

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