Exercise Science

Associate in Science

The mission of the Health and Exercise Science Department is to assist students in making informed career choices in health and exercise science. The A.S. degree in Exercise Science is based on the American College of Sports Medicine’s recommended education competencies. The degree program promotes a multidisciplinary approach to preparing the student for a career in health and fitness-related fields. The curriculum teaches the student to evaluate the client’s physical condition, abilities, needs and goals.

Graduates with an Exercise Science degree can perform fitness and health assessments and prescribe nutrition and training regimens. The curriculum includes general education requirements, a basic science and math foundation and discipline related courses such as Exercise Science, Exercise Physiology, Nutrition, Kinesiology, and Exercise Measurement and Prescription.

Upon completion of the A.S. degree in Exercise Science, students are prepared to sit for a national certification in personal training, yoga, Pilates, group fitness, health and fitness instructor, and wellness coach.

A Personal Trainer Certificate of Achievement is also offered, designed to provide entry-level training for those interested in a career as a personal fitness trainer.

This program prepares students to sit for one of the national personal training certifications such as the American College of Sports Medicine (ACSM), the American Council on Exercise (ACE) or the National Academy of Sports Medicine (NASM). It is also recognized by the New Jersey Department of Higher Education.

Program Options

- Exercise Science
  Associate in Science

- Exercise Science - Teacher Education, Health/Physical Education (TEPED)
  Associate in Science

- Personal Trainer
  Certificate of Achievement

Contacts

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  973-328-5328
  Health and Physical Education Building, Room 225

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Affiliations

The Exercise Science curriculum is based on American College of Sports Medicine (ACSM) recommended education competencies for exercise science programs. The Personal Trainer certificate program is also designed around ACSM core competencies for personal trainers.

Facilities

Students will study in our Exercise Science laboratory, with hands-on experience using computerized state-of-the-art metabolic equipment, bioelectrical impedance analysis equipment, cycle ergometers, medical treadmills, ECG equipment, spirometers, skinfold calipers and sphygmomanometers.

Program Articulation Agreements

CCM’s Exercise Science program has an excellent academic reputation and relationship with many colleges and universities. CCM has articulation agreements with Bloomsburg University, East Stroudsburg University (PA) and William Paterson University. Students easily transfer to related programs of study in colleges and universities throughout the United States.

Career Opportunities

Upon completion of the A.S. in Exercise Science degree, students are employed in fitness centers, rehabilitation centers, corporations, clinics and hospitals. In addition, students have the option of forming a private business training clients.

Personal Trainer Curriculum

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundations of Personal Training</td>
<td>3</td>
</tr>
<tr>
<td>Personal and Family Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>Personal Fitness</td>
<td>1</td>
</tr>
<tr>
<td>Weight Training</td>
<td>1</td>
</tr>
<tr>
<td>Program Design and Implementation</td>
<td>3</td>
</tr>
<tr>
<td>First Aid and Emergency Care</td>
<td>3</td>
</tr>
<tr>
<td>Cardiopulmonary Resuscitation</td>
<td>1</td>
</tr>
<tr>
<td>Personal Training Field Experience</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total Certificate Credits</strong></td>
<td><strong>16</strong></td>
</tr>
</tbody>
</table>
## Exercise Science Curriculum

### General Education Foundation (31 CR)

**Communication (6 CR)**
- English Composition I 3
- English Composition II 3

**Math/Science/Technology (10 CR)**
- Mathematics Restricted Elective 3
- Computer Concepts with Applications 3
- Laboratory Science Restricted Elective 4

**Social Science (3 CR)**
- General Psychology 3

**Humanities (3 CR)**
- Choose from General Education course list 3

**General Education Electives (9 CR)**
- Speech Fundamentals 3
- Humanities Or Social Science 3
- Electives 3

**Total General Education Credits** 31

### Exercise Science Core (32 CR)

- Introduction to Exercise Science 3
- Anatomy and Physiology I 4
- Anatomy and Physiology II 4
- Kinesiology 3
- First Aid and Emergency Care 3
- Cardio Pulmonary Resuscitation 1
- Exercise Physiology 3
- Personal and Family Nutrition 3
- Personal Health and Wellness 3
- Exercise Measurement and Prescription 3
- Exercise Science Restricted Electives 2

**Total Core Credits** 32

**Total Program Credits** 63

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## Exercise Science - Teacher Education, Health/Physical Education Specialization Curriculum

### General Education Foundation (33 CR)

**Communication (9 CR)**
- English Composition I 3
- English Composition II 3
- Speech Fundamentals 3

**Math-Science-Technology (10 CR)**
- Mathematics Restricted Elective 3
- Computer Concepts with Applications 3
- Science Restricted Elective 4

**Social Science (3 CR)**
- General Psychology 3

**Humanities (3 CR)**
- Choose from General Education course list 3

**General Education Electives (8 CR)**
- Anatomy and Physiology I 4
- Anatomy and Physiology II 4

**Total General Education Credits** 33

### Teacher Education, Health/Phys Ed Core (33 CR)

- Introduction to Exercise Science 3
- Personal and Family Nutrition 3
- Personal Health and Wellness 3
- Kinesiology 3
- First Aid and Emergency Care 3
- Cardio Pulmonary Resuscitation 1
- Exercise Physiology 3
- Exercise Measurement and Prescription 3
- Educational Psychology 3
- Teaching in America 3
- Behavior Observation in Education 3
- Exercise Science Restricted Electives 2

**Total Core Credits** 33

**Total Program Credits** 66

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* The Personal Trainer Certificate of Achievement is awarded to students who achieve grades of C or better in all courses in the program.

Note: You must see a faculty advisor to plan your sequence of courses. For the most up-to-date listing of courses, see the Curriculum Checklist for this program on the CCM website at https://www.ccm.edu/student-life/campus-services/academic-advisement/curriculum-checksheets/. 