

## EXERCISE SCIENCE - Certificate of Proficiency

Effective Catalog Year 2017-2018

This Exercise Science Certificate Program is designed to prepare students for entry level positions in the ever-growing area of personal conditioning and wellness as determined by current science and technology. Students may apply credits earned in the certificate program toward an associate degree.

___ENGL 151	English I	3 cr.
___BIOL 119 or ___BIOL 161	Science and the Human Body or Biology I	4 cr.
___HEHP 110 or ___HEHP 225	Applied Modern Health or Contemporary Health	2-3 cr.
___HEHP 160	First Aid/CPR/AED for the Workplace, Schools, and Community	3 cr.
___HEHP 188	Introduction to Nutrition	3 cr.
___HEHP 252	Nutrition for Fitness and Sport	3 cr.
___HEHP 238	Mgmt. and Rehabilitation of Athletic Injuries	3 cr.
___HEHP 239	Strength and Conditioning Physiology	3 cr.
___HEHP 240	Exercise Physiology	3 cr.
___	Electives from HEHP Activity courses*	<u>4 cr.</u>

**Total Credits 31-32 cr.**

### \*HEHP ELECTIVES:

HEHP 100 Aerobic Conditioning  
HEHP 101 Weight Training  
HEHP 102 Volleyball  
HEHP 109 Tennis  
HEHP 150 Swimming I  
HEHP 151 Swimming II  
HEHP 172 International Folk Dance I  
HEHP 173 International Folk Dance II  
HEHP 210 Karate I  
HEHP 211 Karate II

Board of Trustees Approval Date: November 3, 2008

Board of Trustees Approval Date: June 27, 2011

Board of Trustees Approval Date: January 28, 2013