

**ASSOCIATE IN SCIENCE**

**Liberal Arts and Science:  
Health and Exercise Science Option**

**HPE.AS**

CODE	COURSE	CREDITS	CODE	COURSE	CREDITS
<b>First Year/First Semester</b>			<b>Second Year/First Semester</b>		
BIO-111	Biology I - Science	4	BIO-212	Anatomy & Physiology II	4
CSC-101	Computer Literacy	3	HPE-195	Concept of Individual/Dual Sports <sup>1</sup>	3
ENG-101	English Composition I	3	HIS-101	World Civilization I	3
HPE-130	Consumer Health Decisions	3	SPE-102	Public Speaking	3
PSY-101	Basic Psychology	3			<b>13</b>
		<b>16</b>	<b>Second Semester</b>		
<b>Second Semester</b>			FNS-105	Introduction to Nutrition	3
BIO-211	Anatomy & Physiology I	4	HPE-178	Motor Development and Motor Learning	3
ENG-102	English Composition II	3	SOC-101	Introduction to Sociology	3
HPE-170	First Aid, Safety & Prevention Of Injuries	3	.....	Humanities General Education Elective <sup>2</sup>	3
MTH-111	Introduction to Statistics	3	.....	Free Elective <sup>2</sup>	3
HPE-175	Foundations of Fitness	3			<b>15</b>
		<b>16</b>	<b>Total Minimum Credits</b>		<b>60</b>

<sup>1</sup> Students transferring to Rowan for Athletic Training should see the program director.

<sup>2</sup> Students transferring to Rowan should see the program director.

**PROGRAM DESCRIPTION**

The Health and Exercise Science Option prepares a student to receive an Associate in Science degree and transfer to a four-year college to major in a variety of related fields in health, fitness, physical education, pre-physical or occupational therapy, and exercise science.

**PROGRAM GOALS**

- To prepare graduates to transfer to four-year colleges or universities for further study in health and exercise science, pre-physical therapy, fitness, physical education and health.
- To prepare students with a strong knowledge specific to health and exercise science through successful completion of coursework related to this major.
- To prepare students with a broad base of education through the successful completion of a variety of general education courses.
- To provide students with an understanding of the various career opportunities and areas of specialization within the field of health and exercise science.

**PROGRAM STUDENT LEARNING OUTCOMES**

- At the end of the program, the graduate will be able to:
1. Perform critical analysis in solving problems and analyzing information as it relates to health and exercise science.
  2. Explain and apply basic CPR and first aid techniques.
  3. Identify and discuss current health issues in the United States.
  4. Identify and explain basic components of physical fitness as they relate to teaching children.

**POST-BACCALAUREATE EMPLOYMENT OPPORTUNITIES**

- Employment opportunities in health, physical education, exercise science, fitness, sports medicine and coaching will continue to be in high demand.
- A student interested in a career in health and fitness education should demonstrate an interest in working with individuals who may vary in age from pre-school to senior citizen.
- Specific professional opportunities include careers in fitness, health, training, physical therapy and education.

**AREAS OF EMPLOYMENT:**

- Fitness centers
- Personal training center
- Wellness centers
- Corporate fitness programs
- Public & private schools (physical education)
- Sports teams
- Athletic programs

**CONTACT PERSON**

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**Highlights**

*There are transfer opportunities to the College of New Jersey, Delaware College, Rowan University, Rutgers University, Temple University and West Chester University.*