

**AS in Exercise Science at the Bucks to
BS in Exercise Science at ESU**

Obligations of ESU: Upon receiving an AS Degree in Exercise Science from Bucks, ESU accepts the following 60 credits towards the BS degree in Exercise Science. At this point, the student will be able to major in the BS in Exercise Science and receive credit for the following courses:

General Education, Pre-Requisite, Co-Requisite Equivalencies			
Bucks Community College		East Stroudsburg University	
Course Number	Credit	Course Number	Credit
COMP 110-English Composition I	3	ENGL 103-English Composition	3
BIOL 181-Anatomy & Physiology I	4	BIOL 111- A & P I	4
PHED180 Foundations of Physical Ed.	3	EXSC 100-Introduction to Exercise Science	3
PSYC 110-Psychology	3	PSY 100-Intro. To Psychology	3
Fitness Activity	2	ELEC 199	2
COMP 111-English Composition II	3	ENGL 199-GE	3
BIOL 182-Anatomy & Physiology II	4	BIOL 112- A& P II	4
HLTH 120N-Nutrition	3	HLTH 299-Departmental Elective	3
Lifestyle Activity	2	ELEC 199	2
Arts Elective	3	General Education Elective-(Group A)	3
COMM 110-Effective Speaking	3	CMST 253-Public Speaking	3
EXSC 200-Biomechanics	4	EXSC 203-Kinesiology-Mechanical Analysis	3
SOCI 110-Sociology	3	SOC 111-Introduction To Sociology	3
Cultural Perspectives Elective	3	General Education Elective	3
Survival Activity	2	ELEC 199	2
MATH 115-Elementary Statistics	3	MATH 110- General Statistics	3
EXSC 201-Physiology of Exercise	4	EXSC 310-Exercise Physiology I	3
General Elective	3	General Education Elective	3
Aquatics Activity	2	ELEC 199	2
Integration of Knowledge	3	ELEC 199	3
		EXSC 299-Departmental Elective	2
Total	60	Total	60

Junior Year at ESU			
Fall		Spring	
Course Number	Credit	Course Number	Credit
EXSC 451-Aerobic Fitness Workshop	2	EXSC 447-Sport Nutrition	3
EXSC 453-Reducing Coronary Heart Disease Workshop	2	EXSC 452-Exercises and Weight Control Workshop	2
EXSC 230-Personal Training Workshop	1	EXSC 454-Anaerobic Training Workshop	2
EXSC 322-Strength and Conditioning Theory	3	Elective-(General Education Elective)- can choose from the following in Arts and Letters Group: Fine Arts; Modern Languages-MLNG, or MLCH, or MLJA, or MLFR, or MLGR, or MLIT, or MLSP; or Performing Art	3

Elective- (General Education Elective)- can choose from the following in Social Science Group: Geography-GEOG 110, or 120, or 121, or 130, or 220 Political Science-POLS 101, or 111, or 117, or 201, or 211, 222 or 223; History; or Economics	3	EXSC 311-Exercise Physiology II	3
Elective-(General Education Elective)- can choose from the following in Science Group	3	EXSC 202-Kinesiology-Applied Anatomy	3
EXSC 120-Physical Conditioning	1		
EXSC 121-Aerobic Fitness Activities	1		
Total	16	Total	16

Senior Year at ESU			
Fall		Spring	
Course Number	Credit	Course Number	Credit
EXSC 402-Psychology of Sport and Exercise	3	EXSC 410-Organization and Administration of Exercise and Wellness Programs	3
EXSC 431-Analysis of Performance Skills	3	EXSC 445-Seminar in Adult Fitness Programs	3
Elective -(General Education Elective)- - can choose from the following in Arts and Letters Group: Fine Arts; Modern Languages-MLNG, or MLCH, or MLJA, or MLFR, or MLGR, or MLIT, or MLSP; Performing Art; Philosophy-110, 171, 172,212,213,221,231, 235, 238, 241, 251, 265, 273, 281, or 285	3	EXSC 455-Health/Fitness Specialist Workshop	1
EXSC 330-Health- Related Fitness Assessment and Exercise Programming	3	EXSC 456-Certified Strength and Conditioning Specialist Workshop	1
Elective -(General Education Elective)- - can choose from the following in Arts and Letters Group:	3	Elective	3
		Elective	3
		Elective	3
Total	15	Total	15