

## Degree Pathway

### A.A. in Liberal Arts and Sciences - Exercise Science Concentration – Catalog Year 2020-21

The number of credits you take each year will determine when you graduate. To graduate on time, you are strongly encouraged to enroll in at least 30 credits toward your degree during the calendar year, including fall and spring semesters and winter and summer sessions. This Degree Pathway is designed for students who place into **ENGL-101 and MA-119 or MA-321**. An additional pathway is available for students who must complete developmental math or English. Please see the degree website or your advisor for more information.

Courses in **Bold Text** are prerequisites for later courses or only offered in the Fall or Spring semester and should be taken where indicated in the sequence.

#### Fall Semester #1

| Courses  | Credits      | Prerequisites and Corequisites <sup>1</sup>                  |
|--|--------------|--|
| <b>ENGL-101 English Composition I</b><br>(Required Core 1A: English Composition)   | 3            | Prerequisite: Complete developmental requirements in English |
| <b>MA-321 Mathematics in Contemporary Society or<br/>MA-119 College Algebra<sup>2</sup></b><br>(Required Core 1B: Mathematical and Quantitative Reasoning) | 3            | Prerequisite: Complete developmental requirements in math    |
| SP-211 Speech Communication <sup>3</sup>   | 3            | None   |
| One Foreign Language course - placement required   | 3-4          | Check individual courses for prerequisites and corequisites  |
| HE-102 Health, Behavior and Society  | 2            | Corequisite: Enrollment in Developmental English             |
| One course in Phys. Ed. or Dance, from PE-400, PE-500 or DAN-100 series  | 1            | None   |
| <b>Total credits for the term</b>  | <b>15-16</b> |  |

#### Spring Semester #1

| Courses   | Credits      | Prerequisites and Corequisites <sup>1</sup>                 |
|---|--------------|---|
| <b>ENGL-102 English Composition II</b><br>(Required Core 1A: English Composition) | 3            | Prerequisite: ENGL-101 or placement                         |
| PE-825 Introduction to Exercise Science   | 3            | None  |
| Foreign Language (next in sequence)   | 3-4          | Prerequisite: Grade of C or better in previous course       |
| One course from Flexible Core 2A, 2B, 2C, 2D, or 2E <sup>4</sup>                  | 3            | Check individual courses for prerequisites and corequisites |
| One course from Flexible Core 2A, 2B, 2C, 2D, or 2E <sup>4</sup>                  | 3            | Check individual courses for prerequisites and corequisites |
| <b>Total credits for the term</b>   | <b>15-16</b> |   |

### Fall Semester #2

| Courses   | Credits      | Prerequisites and Corequisites <sup>1</sup>                 |
|---|--------------|---|
| One course from the ENGL-200 series   | 3            | Prerequisite: ENGL-102                                      |
| One course from: HE-103 Nutrition and Health (3), HE-108 Health and Physical Fitness (3), HE-110 Cardiopulmonary Resuscitation (1), or PE-540 Introduction to Physical Fitness (1) <sup>5</sup> | 1-3          | None  |
| HIST-110, HIST-111, or HIST-112 <sup>6</sup>  | 3            | Corequisite: ENGL-101                                       |
| One course from Required Core 1C: Life & Physical Sciences Science Laboratory course <sup>7</sup>   | 3-4          | Check individual courses for prerequisites and corequisites |
| One course from Flexible Core 2A, 2B, 2C, 2D, or 2E <sup>4</sup>  | 0-1          | Corequisite: 3-credit Science course in Required Core 1C    |
| One course from Flexible Core 2A, 2B, 2C, 2D, or 2E <sup>4</sup>  | 3            | Check individual courses for prerequisites and corequisites |
| <b>Total credits for the term</b>   | <b>14-16</b> |   |

### Spring Semester #2

| Courses   | Credits      | Prerequisites and Corequisites <sup>1</sup>                 |
|---|--------------|---|
| One or two courses from: HE-103 Nutrition and Health (3), HE-108 Health and Physical Fitness (3), HE-110 Cardiopulmonary Resuscitation (1), or PE-540 Introduction to Physical Fitness (1) <sup>5</sup> | 2-5          | None  |
| One course from Flexible Core 2A, 2B, 2C, 2D, or 2E <sup>4</sup>  | 3            | Check individual courses for prerequisites and corequisites |
| One course from Flexible Core 2A, 2B, 2C, 2D, or 2E <sup>4</sup>  | 3            | Check individual courses for prerequisites and corequisites |
| One course from Flexible Core 2A, 2B, 2C, 2D, or 2E <sup>4</sup>  | 3            | Check individual courses for prerequisites and corequisites |
| One course in Phys. Ed. or Dance, from PE-400, PE-500 or DAN-100 series   | 1            | None  |
| Free electives to reach 60 credits  | 0-4          | Check individual courses for prerequisites and corequisites |
| <b>Total credits for the term</b>   | <b>12-16</b> |   |
| <b>Total credits required for the A.A. in LAS, Exercise Science Concentration</b>   | <b>60</b>    |   |

Notes:

1. Prerequisites for a course must be passed before taking the course. Corequisites must be passed before taking the course or taken in the same term as the course.
2. Students planning to pursue a bachelor's degree that requires statistics are recommended to take MA-119 instead of MA-321.
3. If SP-211 is taken to satisfy Flexible Core 2B, one course from HIST-100 series is recommended. If two History courses have been taken in the common core, one additional course from PSYC-100 series is recommended.
4. Students must complete one course from each of the Flexible Core categories (2A, 2B, 2C, 2D, and 2E) and one additional course from any one of the categories.
5. Exercise Science Concentration (8-9 credits) - Take PE-825 Introduction to Exercise Science (3) and choose from: HE-103 Nutrition and Health (3), HE-108 Health and Physical Fitness (3), HE-110 Cardiopulmonary Resuscitation (1), or PE-540 Introduction to Physical Fitness (1)
6. If HIST-110, HIST-111, or HIST-112 is taken for Flexible Core 2A, take a second HIST-100 course instead. If two history courses have been taken, one additional course from Anthropology, Economics, Sociology, Political Science, or Psychology is recommended.
7. This course is not required for students who take a 4-credit STEM variant course in Required Core 1C.

Students must complete a minimum of 48 Liberal Arts and Sciences courses for this program. See page 75 of the catalog for course subjects that fall into that category.

All students must complete two (2) WI designated classes to fulfill degree requirements.