

Degree Map

A.S. in Movement Science- Catalog Year 2025-26

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 winter and summer sessions. This degree map is designed for students who place into **ENGL-101** and **MA-119**. An additional degree map 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 and should be taken where indicated in the sequence.

Fall Semester #1

Courses	Credits	Prerequisites and Corequisites ¹
ENGL-101 English Composition I (Required Core 1A: English Composition)	3	Prerequisite: Complete developmental requirements in English
MA-119 College Algebra² (Required Core 1B: Mathematical and Quantitative Reasoning)	3	Prerequisite: Complete developmental requirements in math
HE-102 Health, Behavior & Society	2	None
HE-108 Health and Physical Fitness	3	None
One course from Flexible Core 2A, 2B, 2C, or 2D ³	3	Check individual courses for prerequisites and corequisites
One course from the PE-400 or 500 series	1	None
Total credits for semester	15	

Spring Semester #1

Courses	Credits	Prerequisites and Corequisites ¹
ENGL-102 English Composition II (Required Core 1A: English Composition)	3	Prerequisite: ENGL-101 or placement
MA-336 Statistics²	3	Prerequisite: MA-119 or MA-114 (C or better)
Flexible Core 2E: Scientific World ³ (Recommended: BI-111 Introduction to Human Biology)	3	None
HE-103 Fundamentals of Human Nutrition ⁴	3	None
One course from Flexible Core 2A, 2B, 2C, or 2D ³	3	Check individual courses for prerequisites and corequisites
Total credits for semester	15	

Fall Semester #2

Courses	Credits	Prerequisites and Corequisites ¹
Required Core 1C: Life and Physical Sciences (Recommended: BI-301 Anatomy and Physiology I)	3-4	Check individual courses for prerequisites and corequisites
Laboratory Science ⁵	0-1	Check individual courses for prerequisites and corequisites
PE-815 Foundation in Physical Education	3	None
PE-841 Games & Sports for Children	2	None
Major Elective Course – see table below	3	Check individual courses for prerequisites and corequisites
One course from Flexible Core 2A, 2B, 2C, or 2D ³	3	Check individual courses for prerequisites and corequisites
Total credits for semester	15	

Spring Semester #2

Courses	Credits	Prerequisites and Corequisites ¹
PE-825 Introduction to Exercise Science	3	
Major Elective Course – see table below (Students who took BI-301 previously are recommended to take BI-302)	3-4	Check individual courses for prerequisites and corequisites
PE-416 Weight Training	1	None
One course from Flexible Core 2A, 2B, 2C, or 2D ³	3	Check individual courses for prerequisites and corequisites
Additional Flexible Core Course ³	3	Check individual courses for prerequisites and corequisites
Free Elective	1-2	Check individual courses for prerequisites and corequisites
Total credits for semester	15	
Total credits required for A.S. in Movement Science	60	

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 who place into MA-336 will use MA-336 for Required Core 1C. Those students must take an additional Major Elective Course to reach 60 credits.
3. 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.
4. Students who use Requirements for the Major to satisfy Common Core requirements must take additional Major Electives.
5. Students who have taken a STEM Variant course for Required Core 1C do not need to take an additional lab course.

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

Movement Science Electives

Students must complete 6 credits of electives from the list below.

Courses	Credits	Prerequisites and Corequisites ¹
BI-302 - Anatomy and Physiology II	4	Prerequisite: BI-301
HE-104 - Addictions and Dependencies	3	None
HE-105 - Human Sexuality	3	None
HE-106 - First Aid and Safety Education	4	None
HE-107 - Mental Health: Understanding Your Behavior	3	None
HE-110 - Cardiopulmonary Resuscitation	1	None
HE-111 - Stress Management	3	None
PE-826 - Concepts of Personal Training I	3	Prerequisite: HE-102 and PE-540, or instructor permission
PE-827 - Concepts of Personal Training II	3	Prerequisite: PE-826 or instructor permission