

East Central College

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East Central College is accredited by
the Higher Learning Commission and
a participant in the Academic Quality
Improvement Program (AQIP).
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THE CAREER

Exercise science is a professional field that has emerged to address and create awareness of the lack of physical activity and its effects on the human body. Although it is a non-teaching field, one-on-one and group instruction, goal-setting and assessment are involved in this career.

Individuals entering exercise science work in corporate fitness, agency fitness, health clubs and as managers of fitness facilities, personal trainers and conditioning coaches. Students may also choose to enter into the related careers of physical therapy or athletic training by transferring to a baccalaureate institution to obtain their undergraduate degree.

PROFESSIONAL TRAITS

Those pursuing a career in exercise science should:

- Be able to help individuals analyze their needs and set health and performance improvement goals
- Display enthusiasm and provide positive reinforcement to clients
- Communicate effectively within individual and group settings
- Be patient and encouraging
- Exhibit the physical traits of a healthy individual

SALARY INFORMATION

The beginning salary for exercise science professionals is between \$25,000 and \$35,000, per the American College of Sports Medicine. Obtaining certifications and licensure may increase these earnings.

RESOURCES

For more information about this career:

- American College of Sports Medicine
www.acsm.org
- National Strength and Conditioning Association
www.nscs-lift.org
- Shape America
www.shapeamerica.org

ADMISSIONS REQUIREMENTS

Students must have completed:

- ✓ High school diploma or the equivalent
(documentation must be sent to the registration office)
- ✓ Application for admission
- ✓ A placement test as specified by the college
(some coursework requires minimum placement results)

GENERAL EDUCATION REQUIREMENTS

East Central College requires each transfer student complete a 42 hour general education block. General education at ECC is organized around the institution's common learning objectives and coursework. A student is required to demonstrate skills in each of the following three areas:

- **Communicating:** Improve written and oral communication skills; adapt and apply communication to academic and professional purposes, audiences and contexts; demonstrate the use of technology to analyze and communicate information; and use active listening and reading skills.
- **Creative/Critical Thinking:** Improve the application of relevant knowledge and theory to new ideas, positions or solutions; assess and analyze concepts and data; formulate meaningful questions; and interpret and evaluate evidence and arguments.
- **Ethics and Social Responsibility:** Develop cross cultural awareness and an understanding of global interconnectedness; apply multiple worldviews, analyze ethical choices and consequences; and understand the core values and accountability of citizenship in a democratic society.

THE PROGRAM

The Associate of Arts Degree in Exercise Science provides students with several course options and electives. Assuming appropriate placement scores, it is a two-year degree, with flexibility to customize the program toward the student's chosen career.

The exercise science academic plan consists of the 42-credit hour general education core with an emphasis in human anatomy and physiology, nutrition and the history/philosophy behind sports and physical education. To help students explore their interest areas and career paths, ECC provides various student activities, organizations and practicum experiences related to the discipline.

TRANSFER OPTIONS

Many of the credits, particularly the general education electives earned with this degree, are accepted as transfer credits by four-year colleges and/or universities. Please note that transferring credit is decided by the bachelor degree-granting institution. Students seeking to transfer should communicate often with their faculty advisors and the East Central College transfer advisor. They should also make early contact with the four-year institution of their choice regarding the transferability of ECC credits and coursework.

EXERCISE SCIENCE

ASSOCIATE OF ARTS

PROGRAM OF STUDY

AA program (60 credit hours)

This program of study is for a full-time student; part-time study is also available. Please contact an academic advisor for full course options. All academic schedules are subject to change. For the most current schedule visit www.eastcentral.edu.

YEAR 1

FALL SEMESTER

COURSE	HOURS
FS 1000 Campus Orientation/ FS 1001 Foundation Seminar	1
EN 1223 English Comp I or EN 1233 Honors English Comp I	3
COM 1003 Oral Communications or COM 1103 Public Speaking	3
MT 1403 College Algebra	3
PY 1103 General Psychology	3
PE 1081 Introduction to Fitness and Wellness	1
Total Hours	14

SPRING SEMESTER

COURSE	HOURS
EN 1333/ EN 1343 English Comp II or Honors English Comp II	3
SC 1000 Laboratory Safety for Students	0
CH 1105 Introduction to Chemistry Lecture/Lab	5
PY 2403 Human Development	3
Ethics and Social Responsibility Elective	3
Total Hours	14

SUMMER SEMESTER

COURSE	HOURS
BI 1035 General Biology Lecture/Lab or BI 1325 Principles of Biology I Lecture/Lab	5
Total Hours	5

YEAR 2

FALL SEMESTER

COURSE	HOURS
HS 1003 Nutrition	3
SO 1103 General Sociology	3
BI 2104 Human Anatomy and Physiology I	4
Ethics and Social Responsibility Elective	3
Total Hours	13

SPRING SEMESTER

COURSE	HOURS
PE 2103 History and Philosophy of Physical Education and Sport	3
BI 2115 Human Anatomy and Physiology II Lecture/Lab	5
HI 1000/ PS 1000 Constitutions Study Module	0
History or Political Science Requirement	3
Ethics and Valuing Elective	3
Total Hours	14