Associate in Arts

Health Education / Exercise Science / Recreation Concentration

Students who complete this concentration will satisfy the requirements of MassTransfer. Students are encouraged to meet with the Cape Cod Community College Transfer Advisor. Students should consult with an advisor about the general education course requirements. For additional information pertaining to degree requirements, please refer to Degree Requirements.

The table below specifies a full-time course load, per semester, for students planning to complete their degree in two years.

A candidate for the Health Education / Exercise Science / Recreation Concentration must complete the courses shown below.

Course #	Course Title	Credits	Prerequisites
First Semester			
ENL101	English Composition I	3	Appropriate scores in Reading Comprehension & in Sentence Skills on CPT or grade of C or better in ENL020 and ENL050 or ESL201
MAT150	Elementary Statistics	3	(MAT035 or MAT040) or satisfactory basic skills assessment score
BIO151	General Biology I (formerly BIO101)	4	(MAT030 or MAT035), ENL020 & ENL050 or satisfactory basic skills assessment scores
	Behavioral & Social Sciences	3	
FIT117	Personal Fitness	3	None
Second Semester			
ENL102	English Composition II	3	A grade of C or higher in ENL101
PSY101	General Psychology	3	ENL020 & ENL050 or satisfactory basic skills assessment scores
BIO152	General Biology II (formerly BIO102)	4	A grade of C or higher in BIO101 or BIO151
HEA132	Advanced First Aid and Emergency Care / Basic Life Support / First Responder	3	None
	Humanities & Fine Arts	3	
Third Semester			
BIO251	Human Anatomy and Physiology I (formerly BIO107)	4	A grade of C or higher in CHM109 or (BIO101 or BIO151) or (CHM101 or CHM151)
	Behavioral & Social Sciences	3	
COM103	Human Communication	3	ENL010 or ESL102 or satisfactory basic skills assessment score
PSY233	Developmental Psychology: The Life Span	3	PSY101 & ENL101
	Life Fitness elective	3	
Fourth Semester			
BIO252	Human Anatomy and Physiology II (formerly BIO108)	4	A grade of C or higher in BIO107 or BIO251
	Life Fitness elective	3	
	Humanities & Fine Arts	3	
	General Education elective	3	
Total Credits		**61**	

The Associate in Arts degree does not indicate a specialized degree in a concentration.

Overview

The student will be prepared to transfer to a college or university bachelor's degree program as a health education or exercise science major. After transferring, the student will develop a course of study to become proficient in the health and exercise sciences, athletic training/coaching, recreational leadership, and therapeutic recreation.

Students are encouraged to consult with their transfer institution to determine appropriate electives.

Career Outlook

Entry-level employment opportunities in personal training, coaching, and recreational leadership usually require a minimum of a bachelor's degree. Professional positions such as health or physical educators, athletic trainers, exercise physiologists, and therapeutic recreational leaders usually require a minimum of a master's degree.