

## Associate in Arts Health Education / Exercise Science / Recreation Concentration

Students who complete this concentration will satisfy the requirements MassTransfer. Students should consult with an advisor about the general education course requirements.

A candidate for the Health Education / Exercise Science / Recreation Concentration might select a schedule similar to this.

Course #	Course Title	Credits	Prerequisites
<b>First Semester</b>			
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	MAT040 or MAT110 & ENL020 or satisfactory basic skills assessment scores
BIO101	Concepts in Biology I	4	MAT030, ENL020 & ENL050 or satisfactory basic skills assessment scores
	Behavioral & Social Sciences	3	
FIT117	Personal Fitness	3	None
<b>Second Semester</b>			
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
BIO102	Concepts in Biology II	4	A grade of C or higher in BIO101
HEA132	Advanced First Aid and Emergency Care / Basic Life Support / First Responder	3	None
	Humanities & Fine Arts	3	
<b>Third Semester</b>			
BIO107	Human Anatomy and Physiology I	4	A grade of C or higher in CHM109 or BIO101 or CHM101
	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	
<b>Fourth Semester</b>			
BIO108	Human Anatomy and Physiology II	4	A grade of C or higher in BIO107
	Life Fitness elective	3	
	Humanities & Fine Arts	3	
	General Education elective	3	
Total Credits		61	

### 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.

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