

EXERCISE SCIENCE, Arts and Sciences AA (R): 157C

Total Credits: 60
Catalog Editions 18-19 through 24-25

Name:

Date:

ID #:

GENERAL EDUCATION: FOUNDATION COURSES			
	Course	Hours	Grade
English Foundation (ENGL 102 or ENGL 103, grade of C or better required to graduate)		3	
Math Foundation CONSULT HLTH FACULTY ADVISOR ABOUT CHOICE			
GENERAL EDUCATION: DISTRIBUTION COURSES			
	Course	Hours	Grade
Arts Distribution (ARTD)			
Humanities Distribution (HUMD) ††			
Behavioral & Social Sciences Distribution (BSSD)	PSYC 102/ PSYC 100	3	
Behavioral & Social Sciences Distribution (BSSD) ‡		3	
Natural Sciences Distribution with Lab (NSLD)	BIOL 150	4	
Natural Sciences Distribution with Lab (NSLD) **	BIOL 212	4	
General Education Institutional Requirement (GEIR)	COMM108	3	
General Education Institutional Requirement (GEIR)	HLTH 225	3	
PROGRAM REQUIREMENTS			
	Course	Hours	Grade
ENGL 101 or ENGL 101A (if needed for ENGL 102/103 or HLTH Elective, HLTH 121*)			
	BIOL 213	4	
	HLTH 220	3	
	PHED 206	3	
	PHED 228	3	
	PHED 230	3	
	PHED 237	3	
	PHED 240	3	
	PHED 250	3	

Overall GPA of 2.0 is required to graduate

* ENGL 101/ENGL 101A, if needed for ENGL 102/ENGL 103.
If ENGL 101 is not needed recommended health elective, HLTH 121 .

Total Credits:

† MATH 165 or MATH 150 can be taken to fulfill this requirement. (Consult department adviser to determine the appropriate math course.) *Students should consult with an Exercise Science program adviser (<https://www.montgomerycollege.edu/academics/program-advising/index.html#h>) before selecting electives.*

[Health Enhancement, Exercise Science, & Physical Education Website](#)

Advising Worksheet
Contact: [Anthony Solano](#)

‡ Meets general education global and cultural perspective.

Last Reviewed: July 2024

†† Recommend one of the following if transferring to Salisbury University: HIST 114 or HIST 116.

See an [advisor](#) to submit an [Application for Graduation](#) the semester BEFORE you intend to graduate.

Students participating in the articulated curriculum with Salisbury University @ Shady Grove need an additional 7 credits that include PHED 166, HLTH 160, and one of the following health courses: HLTH 131, HLTH 170, HLTH 212, or HLTH 215. Students must meet with departmental advisors for selection of appropriate general education and professional courses