

Fitness Leadership & Exercise Science Concentration (LAX)

A Degree in Liberal Studies

This program is for those students who would like to transfer to a four-year college or university to pursue a bachelor's degree in exercise science, exercise physiology, or fitness management. With a bachelor's degree, students may pursue fitness management careers at private and corporate fitness centers. Upon graduation from MWCC, students may pursue immediate employment at wellness or recreational agencies. In this program, students will learn in a state-of-the-art fitness & wellness center and gain in-depth knowledge of exercise science to increase their skills and make them more marketable to prospective employers.

| Number | Suggested Course Order | Cr | Semester | Grade | Prerequisites |
|-----------------------------|--|-----------|-----------------|--------------|--|
| ENG101 | English Composition I | 3 | | | ENG100, RDG100, or placement |
| MAT160 | College Math I <i>or</i> above | 3 | | | MAT096 |
| PSY105 | Introduction to Psychology | 3 | | | ENG100, RDG100, or placement |
| EXS102 <i>or</i> PTA104 | Principles of Anatomy & Kinesiology <i>or</i> Applied Anatomy & Kinesiology | 3 | | | BIO115 is a prerequisite for PTA104 only |
| CHC101 | Complementary Health Care | 3 | | | ENG100, RDG100, or placement |
| EXS201 | Exercise Science and Nutrition | 4 | | | ENG100, MAT092, RDG100, or placement |
| PER126/130 | Health, Fitness, & Wellness Elective | 2/3 | | | Prerequisite: MAT092, RDG100, or placement Note: PER130 is recommended for transfer. |
| EXS203 | Exercise Testing and Program Design | 4 | | | EXS102 and EXS201 |
| ENG102 | English Composition II | 3 | | | ENG101 |
| THE113 | Speech | 3 | | | ENG101 |
| | CIS Elective | 3 | | | Electives: Any CIS course |
| BIO109 <i>or</i> BIO115 | Biology I <i>or</i> Human Biology | 4 | | | ENG100, RDG100, or placement |
| PSY110 | Human Growth & Development | 3 | | | PSY105 |
| BIO203 | Anatomy & Physiology I | 4 | | | ENG100, RDG100, or placement, BIO109 or BIO115 strongly suggested |
| | Art Elective | 3 | | | Electives: ART courses |
| | History Elective | 3 | | | Electives: HIS courses |
| | Literature Elective | 3 | | | Electives: ENG201, 203, 205, 210, 213, 214, 221, 224, 227, 228, 233, 235, 236, 237, 259, 260, 261 |
| | History Elective | 3 | | | Note: See above History Elective |
| | Literature Elective | 3 | | | Note: See above Literature Elective |
| BIO204 | Anatomy & Physiology II | 4 | | | BIO203 |
| ECO102 | Microeconomics | 3 | | | ENG100, RDG100, or placement; ECO101 strongly recommended |
| Total: 67/68 credits | | | | | |

See page 129 of the college catalog for program competencies and technical standards.

Campus/format: This program can be completed during the day or evening at the Gardner Campus

Helpful hints: Focusing on a particular area of study in biological sciences and exercise skills may be helpful when pursuing a career. Students should have a commitment to their own physical fitness.

Transfer options: This program qualifies for MassTransfer.* Transfer agreements exist with Charter Oak State College, Fitchburg State College, and the University of Phoenix. A partnership exists with Amherst College. Most courses will also transfer to the following four-year colleges with comparable programs in exercise science and/or coaching: Springfield College, Worcester State College, Northeastern University, among others.

The Liberal Arts curricula closely parallel the general education curricula of the first two years required by most four-year colleges and universities.

Visit MWCC's transfer planning services website: <http://transfer.mwcc.edu>.

Special requirements: Technical standards must be met with or without accommodations.

Career options: After earning a bachelor's degree, students can pursue fitness management careers at private and corporate fitness centers. For more program information: contact, program chair, (978) 630-9261, or the associate dean of health sciences, (978) 630-9229.

Earning potential: \$37,753 to \$66,856 per year.

* See page 44 for MassTransfer information.