

Exercise Science and Health Strategies Dual-Credit Pathway

Pathway Description:

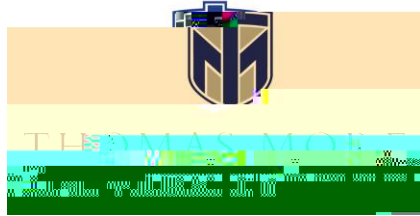
The exercise science program prepares students to evaluate health behaviors, identify biomechanical risk factors, and develop a comprehensive health and fitness program for a variety of individuals or groups. The students will have the ability to utilize these skills based on their knowledge obtained through their coursework (i.e. exercise physiology, kinesiology, and biomechanics).

Pathway Courses:

EXS 105	Foundations of Exercise Science
	<ul style="list-style-type: none"> • EXS 150 - Science for Society, Health and Wellness • EXS 220 - Intro to Sports Nutrition • EXS 250 - Kinesiology
PSY 105	Introduction to Psychology
MAT 205	Introductory Statistics

Pathway Course Descriptions:

- ~~EXS 105 - Foundations of Exercise Science~~ prepares the students to various workplace settings as well as the various certification and licenses available in theun



- *Note: If you have taken AP Psychology, see additional notes below.*
- Description: An introduction to the field of Psychology and to the methods of study used by psychologists. Emphasis is placed on a scientific approach to understanding human behavior. Topics covered include the biological basis of behavior, sensation, perception, learning, memory, personality, abnormal behavior, and social behavior. PSY 105 is a prerequisite for all other Psychology courses. This course fulfills a core requirement in the social science category.
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- *Note: This course can fulfill the Mathematics core requirement at Thomas More.*
- *Note: If you have taken AP Statistics, see additional notes below.*
- Prerequisite: MAT 093/094 or MAT 096 or minimum ACT Math score of 18 or minimum Math SAT score of 550 or minimum score of 70% on KYOTE exam
- Second Century Inner Core: Mathematics
- Description: An investigation of graphic methods, frequency distributions, percentiles, central tendency, variability, standard scores, normal and binomial distributions,