AS ESCI

WCC General Education Requirements
Effective Fall 2018

Associate degree programs were updated to meet the revised WCC general education requirements below.

Course Distribution Requirements

Associate degree students must complete courses from each of six General Education content areas. The requirements vary, depending on which degree is being earned. The number of general education credit hours required for each degree is as follows.

	AA	AS	AAS
Writing/Composition	3-4 credits	3-4 credits	3-4 credits
2nd Writing/Composition or Communication	3-4 credits	3 credits	3 credits
Mathematics	3-4 credits	3-4 credits	3-4 credits
Natural Sciences [1]	7-8 credits	7-8 credits	3-4 credits
Social & Behavioral Science [2]	6 credits	6 credits	3 credits
Arts and Humanities [3]	6 credits	6 credits	3 credits
General Education Electives to reach 30 credits	0-2 credits	0-2 credits	N/A
Minimum	30 credits	30 credits	18 credits

[1] Two courses in Natural Science including one with laboratory experience (from two disciplines)
[2] From two disciplines
[3] From two disciplines

Program Information Report

Transfer and University Parallel Programs

If your goal is to continue your education toward a baccalaureate degree, then transfer and university parallel programs is the track for you. Complete the first two years of study in a supportive environment with small classes and personal attention.

Before beginning any transfer program, a student should consult with an academic advisor or counselor to obtain a program articulation agreement or a transfer guide. Early in the program, the student should contact an undergraduate advisor at the transfer college for specific admission and curriculum requirements and, if available, an unofficial transfer-credit evaluation.

Copies of articulation agreements and transfer guides are available in the Counseling Office on the second floor of the Student Center Building. Computers with access to the Internet Web sites of four-year colleges and universities are also available there.

Exercise Science

This program prepares the student for further study in the area of exercise science.

Exercise Science (ASESCI)

Associate in Science Degree

Program Effective Term: Fall 2018

The Exercise Science program is designed to prepare students for employment at the entry level in health and fitness-related occupations and/or for higher education by training in the sciences that relate to physical activity, health, fitness, nutrition, wellness, and weight control. Completion of the two-year degree will prepare students for the ACSM certification exams for personal trainer and/or health/fitness instructor. The AS degree in Exercise Science from WCC is designed to prepare students for transfer to a four-year institution that offers degrees in sports medicine-exercise science, kinesiology, movement science, and physical education. Individuals that transfer to four-year institutions in these fields (and in some cases go beyond the four-year degree) can be expected to find employment in a wide variety of occupations, including (but not limited to) physician, physician's assistant, physical therapist, physical therapist assistant, research scientist, fitness manager, worksite wellness coordinator, exercise specialist, clinical exercise physiologist, coach, physical education teacher, and other exercise-related positions.

Articulation:
Eastern Michigan University, several BS degrees.

Copies can be obtained from the Counseling Office, a program advisor, or from the Curriculum and Assessment Office Web site: http://www.wccnet.edu/curriculum/articulation/levelone/colleges/.

First Semester		(15 credits)
BIO 162	General Biology II Cells and Molecules	4
ENG 111	Composition I	4
MTH 160	Basic Statistics	4
PSY 100	Introduction to Psychology	3

Second Semester		(17 credits)
BIO 110	Introduction to Exercise Science	3
BIO 161	General Biology I Ecology and Evolution	4
CEM 111	General Chemistry I	4
ENG 226	Composition II	3
MTH 178	General Trigonometry*	3

Third Semester		(16 credits)
BIO 111	Anatomy and Physiology - Normal Structure and Function	5
BIO 201	Physiology of Exercise	4
PHY 111	General Physics I	4
Elective	Arts/Human. Elective(s) 1 (Not COM)	3

Fourth Semester		(14 credits)
BIO 215	Cell and Molecular Biology	4
BIO 225	Tests and Measurements in Exercise Science	3
HSC 131	CPR/AED for the Professional Rescuer and First Aid	1
	Soc. Sci. Elective(s) 2 (Not PSY)	3
COM 101	Fundamentals of Speaking	3

Minimum Credits Required for the Program: 62

Program Information Report

Notes:

**Students must have an Academic Math Level of 5 to enroll in MTH 178.*

Done 2/1/10
NW

WASHTENAW COMMUNITY COLLEGE
GENERAL EDUCATION REVISION PROGRAM CHANGE FORM
FOR AA AND AS PROGRAMS 2018-2019

Program Code: AS ESCI	**Program Name:** Exercise Science
Division Code: MSE	**Department:** Life Sciences

This form is to be used only for General Education Revision Program Changes for Associate in Arts (AA) and Associate in Science (AS) programs. Any other program changes should be submitted separately using a standard Program Change Form.

Directions:

1. Review each general education area under **Requested Changes** below and respond as needed.
2. Attach the semester program layout showing the current program listing from the WCC catalog.
   a. Indicate any changes to be made on the semester layout.
   b. Draw a line through any courses that should be removed on the semester layout.
   c. Write in any courses that need to be added on the semester layout.
3. Submit this form and semester program layout to the Office of Curriculum and Assessment (SC 257).

Current General Education Requirements AA and AS	
Writing	6 - 7 credits
Speech	3 credits
Mathematics	3 - 4 credits
Natural Sciences	3 - 4 credits
Social & Behavioral Sciences	6 credits
Arts & Humanities	6 credits
Critical Thinking	0 credits
Computer & Information Literacy	3 credits
Total	30 - 33 credits

Revised General Education Requirements 2018-2019 AA and AS	
English Composition	3 - 4 credits
2nd Course in English Composition or one course in Communication	3 - 4 credits
Mathematics	3 - 4 credits
Natural Sciences from 2 disciplines including one lab course	7 - 9 credits
Social & Behavioral Sciences from 2 disciplines	6 credits
Arts & Humanities from 2 disciplines	6 credits
Elective Credits to reach a minimum of 30 credit hours	0 - 3 credits
Total	30 credits

Please review each General Education Area in the chart below, and record the needed changes in the chart and on the attached semester layout.

	REQUESTED CHANGES
	General Education Area
	English Composition – The requirement for one writing/English composition course remains the same. No changes will be made unless specifically requested below. (Use Writing Elective or ENG 111) Optional Change:
	2nd Course in English Composition or one course in Communication WCC previously required both a second composition/writing course and a speech course. Your options are: 1. Allow students to select any course that meets composition/writing or speech (*recommended*). 2. Require students to take a specific composition course (identify course below and on semester layout. 3. Require students to take a specific communication course (identify course below and on semester layout. Requested Change: ENG 226

2nd Course in English Composition or one course in Communication Credit Hours
Because of this change, an extra 3 – 4 credit hours may be available in the program. Please specify how you would like to use those credit hours. Your options are:

1. Reduce the number of credit hours if the program total is over 60 *(recommended)*.
2. Replace the course with elective credits as needed to reach a minimum of 60 credit hours.
3. Add a specific program-related course *(please add the course in the semester it should be taken on the semester layout)*.

Requested Change: Adding COM as an Arts ~ Humanities

Mathematics – The requirement for one mathematics course remains the same. However, the courses that meet the MTA requirement have changed slightly. MTH 148, 149 and 167 do not meet the general education requirement for AA or AS degrees. Please identify an alternate course or list "Math elective".

Optional Change:

Natural Sciences from 2 disciplines including one lab course
WCC previously required one natural science course. Your options are:

1. No change needed – a second natural science course is already included in my program.
2. Add a second natural science course in the semester shown on the semester layout attached. Unless specific courses are required, include one course identified as a lab science course.

Requested Change:

Social & Behavioral Sciences from 2 disciplines – The requirement for two social and behavioral science courses remains the same. No changes will be made unless specifically requested below.

Optional Change:

Arts & Humanities from 2 disciplines – The requirement for two arts and humanities courses remains the same. No changes will be made unless specifically requested below. (Note: A COM course can be specified here if speech is not required in the area above. It can only count in one area.)

Optional Change: Require COM 101 for an Arts ~ Hum

Computer and Information Literacy
The requirement for computer and information literacy has been removed. Your options are:

1. Continue to require a specific computer course. If a specific course is required in your program, we will leave it there. If you previously used "Computer and Information Literacy Course," you will need to specify either a specific course or a list of courses from which to choose.
2. Remove the computer and information literacy course and replace the course with elective credits as needed to reach a minimum of 60 credit hours.

Required Change: 2

Elective Credits to reach a minimum of 30 credit hours – A course titled "General Education Credit(s) to Reach a Minimum of 30 Credit Hours" will be created and then added as needed to the program.

Reviewer	Print Name	Signature	Date
Initiator	Marvin Bolugt	Marvin Bolugt	11-20-17
Department Chair	Anne Heise	Anne Heise	11-20-17
Division Dean/ Administrator	Kristin Good	Kristin Good	11.27.17
Vice President for Instruction			1/9/18

Office use only

Entered in: ☑ Banner 2/1/18 ☑ C&A Database 2/1/18 ☐ Log File

WASHTENAW COMMUNITY COLLEGE

PROGRAM CHANGE OR DISCONTINUATION FORM

Program Code: ASESCI **Program Name: Exercise Science** **Effective Term: Fall 2013**

Division Code: MSH **Department: Life Sciences**

Directions:

1. Attach the current program listing from the WCC catalog or Web site and indicate any changes to be made.
2. Draw lines through any text that should be deleted and write in additions. Extensive narrative changes can be included on a separate sheet.
3. Check the boxes below for each type of change being proposed. Changes to courses, discontinuing a course, or adding new courses as part of the proposed program change, must be approved separately using a Master Syllabus form, but should be submitted at the same time as the program change form.

Requested Changes:

- ☐ Review
- X☐ Remove course(s): BIO 101, BIO103_____
- X☐ Add course(s): _BIO 161, BIO 162
- ☐ Program title (title was _____)
- ☐ Description
- ☐ Type of award
- ☐ Advisors
- ☐ Articulation information
- ☐ Program admission requirements
- ☐ Continuing eligibility requirements
- ☐ Program outcomes
- ☐ Accreditation information
- ☐ Discontinuation (attach program discontinuation plan that includes transition of students and timetable for phasing out courses)
- ☐ Other_____

Show all changes on the attached page from the catalog.

Rationale for proposed changes or discontinuation:

Replace existing introductory Biology sequence with new majors-level courses.

Financial/staffing/equipment/space implications:

List departments that have been consulted regarding their use of this program.

Biology

Signatures:

Reviewer	Print Name	Signature	Date
Initiator	Anne Heise	Anne Heise	2/18/13
Department Chair	Anne Heise	Anne Heise	2/18/13
Division Dean/Administrator	Martha Showalter		
Vice President for Instruction	William Abernethy		3/29/13
President	N/A		

Do not write in shaded area. Entered in: Banner_____ C&A Database 3/29/13 Log File 3/29/13 Board Approval _____

Please submit completed form to the Office of Curriculum and Assessment and email an electronic copy to sjohn@wccnet.edu for posting on the website.

logged 2/19/13 sjv

Program Information Report

Exercise Science (ASESCI)

Associate in Science Degree

Program Effective Term: Fall 2013

The Exercise Science program is designed to prepare students for employment at the entry level in health and fitness-related occupations and/or for higher education by training in the sciences that relate to physical activity, health, fitness, nutrition, wellness, and weight control. Completion of the two-year degree will prepare students for the ACSM certification exams for personal trainer and/or health/fitness instructor. The AS degree in Exercise Science from WCC is designed to prepare students for transfer to a four-year institution that offers degrees in sports medicine-exercise science, kinesiology, movement science, and physical education. Individuals that transfer to four-year institutions in these fields (and in some cases go beyond the four-year degree) can be expected to find employment in a wide variety of occupations, including (but not limited to) physician, physician's assistant, physical therapist, physical therapist assistant, research scientist, fitness manager, worksite wellness coordinator, exercise specialist, clinical exercise physiologist, coach, physical education teacher, and other exercise-related positions.

Articulation:
Eastern Michigan University, several BS degrees.

Copies can be obtained from the Counseling Office, a program advisor, or from the Curriculum and Assessment Office Web site: http://www.wccnet.edu/departments/curriculum/articulation.php?levelone=colleges.

First Semester		**(18 credits)**
BIO 162	General Biology II Cells and Molecules	4
ENG 111	Composition I	4
MTH 160	Basic Statistics	4
MTH 178	General Trigonometry**	3
PSY 100	Introduction to Psychology	3

Second Semester		**(18 credits)**
BIO 110	Introduction to Exercise Science	3
BIO 161	General Biology I Ecology and Evolution	4
CEM 111	General Chemistry I	4
ENG 226	Composition II	3
PHY 111	General Physics I	4

Third Semester		**(18 credits)**
BIO 111	Anatomy and Physiology - Normal Structure and Function	5
BIO 201	Physiology of Exercise	4
	Arts/Human. 1 Elective(s)	3
	Computer Lit. Elective(s)	3
	Soc. Sci. Elective(s)*	3

Fourth Semester		**(17 credits)**
BIO 215	Cell and Molecular Biology	4
BIO 225	Tests and Measurements in Exercise Science	3
HSC 131	CPR/AED for the Professional Rescuer and First Aid	1
	Arts/Human. 2 Elective(s)	3
	Soc. Sci. Elective(s)*	3
	Speech Elective(s)	3

Minimum Credits Required for the Program: **71**

Notes:

**Transfer students should select two MACRAO-approved Social Science courses.*
***Students must have an Academic Math Level of 4 to enroll in MTH 178.*

Exercise Science (ASESCI)

Associate in Science Degree 2010 - 2011 2011 - 2012 2012 - 2013

Description

The Exercise Science program is designed to prepare students for employment at the entry level in health and fitness-related occupations and/or for higher education by training in the sciences that relate to physical activity, health, fitness, nutrition, wellness, and weight control. Completion of the two-year degree will prepare students for the ACSM certification exams for personal trainer and/or health/fitness instructor. The AS degree in Exercise Science from WCC is designed to prepare students for transfer to a four-year institution that offers degrees in sports medicine-exercise science, kinesiology, movement science, and physical education. Individuals that transfer to four-year institutions in these fields (and in some cases go beyond the four-year degree) can be expected to find employment in a wide variety of occupations, including (but not limited to) physician, physician's assistant, physical therapist, physical therapist assistant, research scientist, fitness manager, worksite wellness coordinator, exercise specialist, clinical exercise physiologist, coach, physical education teacher, and other exercise-related positions.

Articulation

Eastern Michigan University, several BS degrees.

Copies can be obtained from the Counseling Office, a program advisor, or from the Curriculum and Assessment Office Web site: www.wccnet.edu/departments/curriculum/articulation.php?levelone=colleges.

Contact Information

Division: Math, Science & Health
Department: Life Sciences Dept
Advisors: Marvin Boluyt

Requirements

First Semester

Class	Title	Credits
~~BIO 101~~	~~Concepts of Biology~~ Bio 162	4
ENG 111	Composition I	4
MTH 160	Basic Statistics	4
MTH 178	General Trigonometry **	3
PSY 100	Introduction to Psychology	3
Total		**18**

Second Semester

Class	Title	Credits
~~BIO 103~~	~~General Biology II~~ Bio 161	4
BIO 110	Introduction to Exercise Science	3
CEM 111	General Chemistry I	4
ENG 226	Composition II	3
PHY 111	General Physics I	4
Total		**18**

Third Semester

Class	Title	Credits
BIO 111	Anatomy and Physiology - Normal Structure and Function	5
BIO 201	Physiology of Exercise	4
Elective(s)	Arts and Humanities 1	3
Elective(s)	Computer and Information Literacy	3
Elective(s)	Social and Behavioral Science *	3
Total		**18**

Fourth Semester

Class	Title	Credits
BIO 215	Cell and Molecular Biology	4
BIO 225	Tests and Measurements in Exercise Science	3
HSC 131	CPR/AED for the Professional Rescuer and First Aid	1
Elective(s)	Arts and Humanities 2	3
Elective(s)	Social and Behavioral Science *	3
Elective(s)	Speech	3
Total		**17**
	Total Credits Required:	**71**

Footnotes

*Transfer students should select two MACRAO-approved Social Science courses.
**Students must have an Academic Math Level of 4 to enroll in MTH 178.

PROGRAM PROPOSAL FORM

☒ **Preliminary Approval** – Check here when using this form for preliminary approval of a program proposal, and respond to the items in general terms.

☐ **Final Approval** – Check here when completing this form after the Vice President for Instruction has given preliminary approval to a program proposal. For final approval, complete information must be provided for each item.

Program Name: **Division and Department:** **Type of Award:** **Effective Term/Year:** **Initiator:**	Exercise Science Division of Mathematics, Natural, and Behavioral Sciences Department of Life Sciences ☐ AA ☒ AS ☐ AAS ☐ Cert. ☐ Adv. Cert. ☐ Post-Assoc. Cert. ☐ Cert. of Comp. September, 2008 Marvin Boluyt	**Program Code:** ASESCI **CIP Code:** 31.0505
Program Features Program's purpose and its goals. Criteria for entry into the program, along with projected enrollment figures. Connection to other WCC programs, as well as accrediting agencies or professional organizations. Special features of the program.	Purpose: The Exercise Science program is designed to prepare students for employment at the entry level in health and fitness-related occupations and/or for higher education by training in the sciences that relate to physical activity, health, fitness, nutrition, wellness, and weight control. Completion of the two-year degree will prepare students for the ACSM certification exams for personal trainer and/or health/fitness instructor. The AS degree in Exercise Science from WCC is designed to prepare students for transfer to a 4-year institution that offers degrees in Sports Medicine-Exercise Science, Kinesiology, Movement Science, and Physical Education. Individuals that transfer to 4-year institutions in these fields (and in some cases go beyond the 4-year degree) can be expected to find employment in a wide variety of occupations, including (but not limited to) physician, physician's assistant, physical therapist, physical therapist assistant, research scientist, fitness manager, worksite wellness coordinator, exercise specialist, clinical exercise physiologist, coach, physical education teacher, and other exercise-related positions. Goals: All graduating students will be prepared for the certification exams for "Personal Trainer" or "Health/Fitness Instructor" by the American College of Sports Medicine (ACSM), thereby qualifying them for entry level positions in the health/fitness industry. Some students will matriculate to 4-year colleges and universities and successfully graduate from those institutions. Some students will continue in graduate and profession post-graduate education. Entry criteria: None beyond WCC admission criteria Connections: Students will be required to obtain certification by the Red Cross (First AID/AED). Students are encouraged to become certified as either "Personal Trainer", or "Health/Fitness Instructor" by the ACSM Special features: Relies heavily on existing courses at WCC. Proposes 3 new courses. Provides a unique COD course in Exercise Science. Provides laboratory experiences in Motor Control, Biomechanics, and Exercise Physiology. Provides career awareness material. Provides a capstone course that integrates testing procedures, interpretation of tests and of scientific literature, and requires students to report their results and conclusions in a scientific journal-style manner.	
Need Need for the program with evidence to support the stated need.	1. Given the rapid and unprecedented rise in prevalence of obesity in the United States and in Michigan in the last 3 decades coupled with the reduction in physically demanding jobs in modern economies, there is a need for individuals trained in the sciences that relate to physical activity, health, fitness, nutrition, wellness, and weight control. The evidence for this need is well-documented in the literature, and is summarized quite well in the Surgeon General's report entitled "Physical Activity and Health" released in 1996.	

	2. EMU seeks qualified transfer students and has helped craft an articulation agreement for students to complete a combined degree program culminating in an Associate in Science degree in Exercise Science from WCC, and a Bachelor of Science degree in Sports Medicine-Exercise Science from EMU. 3. UM seeks qualified transfer students and has helped craft a draft articulation agreement for students to complete a combined degree program culminating in an Associate in Science degree in Exercise Science from WCC, and a Bachelor of Science degree in Kinesiology-Movement Science from UM. 4. UM seeks qualified transfer students in Physical Education (working with Pat VanVolkinburg and Julie Simon at UM to enhance transfer procedures).	
Program Outcomes/Assessment State the knowledge to be gained, skills to be learned, and attitudes to be developed by students in the program. Include assessment methods that will be used to determine the effectiveness of the program.	Outcomes 1. Demonstrate proficiency in interpreting & evaluating performance and biometric data 2. Demonstrate competence in the knowledge, skills, and abilities required of the Certified Personal Trainer or Health/Fitness Instructor 3. Demonstrate success in Exercise Science coursework at 4-year institutions	Assessment 1. Performance on Final Project in BIO 225 Tests and Measurements in Exercise Science 2. ACSM Certification Examinations (one of these) A. Personal Trainer B. Health/Fitness Instructor 3. Performance data of transfer students at 4-year schools

Please return completed form to the Office of Curriculum & Assessment and email an electronic copy to **sjohn@wccnet.edu** for posting on the website.

Curriculum

List the courses in the program as they should appear in the catalog. List minimum credits required. Include any notes that should appear below the course list.

MACRAO Requirements (33 credits)

1. English Writing Requirement (7 credits)
ENG 111 Composition I 4
ENG 226 Composition II 3

2. Math/Science Requirement (8 credits)
[1] MTH 160 Basic Statistics 4
BIO 101 Concepts of Biology 4

3. Humanities Requirement (9 credits)
Complete one speech course: 3
COM 101, 102, 142, 183, 200, or 225
Complete two courses: ***See note below*** 6
Choose from courses approved by WCC to satisfy
The MACRAO humanities requirement.

4. Social Science Requirement (9 credits)
PSY 100 Introductory Psychology 3
Complete two courses: ***See note below*** 6
Choose from courses approved by WCC to satisfy
The MACRAO social science requirement
(See the WCC catalog)

Exercise Science Specific Requirements (34 credits)

BIO 103 General Biology II 4
[2] BIO 110 Physiology of Exercise (new) 3
* BIO 111 Anatomy & Phys-Normal Structure & Func 5
[2] BIO 201 Biology of Exercise (new) 4
BIO 215 Cell and Molecular Biology 4
CEM 111 General Chemistry I 4
MTH 178 General Trigonometry 3
PHY 111 General Physics I 4
HSC 131 CPR/AED/First Aid 1
[2,3] BIO 225 Tests & Measurements in Exercise Sci (new) 3

Total for AS degree in Exercise Science ..... (68 credits)

[1] Prerequisite for BIO 225
[2] New course
[3] Capstone course

Budget Specify program costs in the following areas, per academic year: See attached budget planning detail		START-UP COSTS	ONGOING COSTS
	Faculty	**$ see attached**	**$ see attached**
	Training/Travel	**$1,000.00**	**$1,000.00**
	Materials/Resources	.	.
	Facilities/Equipment	**$35,000.00**	**$1,000.00**
	Other	.	.
	TOTALS:	**$ 36,000**	**$ 2,000.**
Program Description for Catalog and Web site	The Exercise Science program is designed to prepare students for employment at the entry level in health and fitness-related occupations and/or for higher education by training in the sciences that relate to physical activity, health, fitness, nutrition, wellness, and weight control. Completion of the two-year degree will prepare students for the ACSM certification exams for personal trainer and/or health/fitness instructor. The AS degree in Exercise Science from WCC is designed to prepare students for transfer to a 4-year institution that offers degrees in Sports Medicine-Exercise Science, Kinesiology, Movement Science, and Physical Education. Individuals that transfer to 4-year institutions in these fields (and in some cases go beyond the 4-year degree) can be expected to find employment in a wide variety of occupations, including (but not limited to) physician, physician's assistant, physical therapist, physical therapist assistant, research scientist, fitness manager, worksite wellness coordinator, exercise specialist, clinical exercise physiologist, coach, physical education teacher, and other exercise-related positions.		
Program Information	**Accreditation/Licensure** - None **Advisors** – Marvin Boluyt **Advisory Committee** – to be created (Suggested personnel include Shel Levine from EMU, Victor Katch and Pat VanVolkinburg from UM, John Harris from Healthways, and individuals from local fitness facilities) **Admission requirements** – None beyond those required for admission to the college **Articulation agreements – 1.** Negotiated with EMU, 2) In the process of negotiating with UM-Movement Science, and UM-Physical Education **Continuing eligibility requirements** – Computer Literacy and Information Technology Test		

Assessment plan:

Learning outcomes to be assessed	Assessment tool	When assessment will take place	Describe population to be assessed	Number of students to be assessed
A. Demonstrate proficiency in interpreting & evaluating performance data and biometric data	Performance on Final Project in BIO 225 Tests and Measurements in Exercise Science	Winter 2010 Annually thereafter	All students in all sections of BIO 225	All students who complete BIO 225
B. Demonstrate competence in the knowledge, skills, and abilities required of the Certified Personal Trainer or Health/Fitness Instructor Exam	ACSM Certification Examinations (one of these) A. Personal Trainer B. Health/Fitness Instructor	Winter 2010 Annually thereafter	All students who take the certification exam(s) and agree to share the outcome(s)	All students who to take the certification exam(s) and agree to share the outcome(s)

C. Demonstrate success in Exercise Science coursework at 4-year institutions	Performance data of transfer students at 4-year schools	Winter 2011 Annually thereafter	Transfer students to Sports Medicine-Exercise Science at EMU and Kinesiology at UM	All transfer students to Sports Medicine-Exercise Science program at EMU and to Kinesiology at UM

Scoring and analysis of assessment:

1. Indicate how the above assessment(s) will be scored and evaluated (e.g. departmentally developed rubric, external evaluation, other). Attach the rubric/scoring guide.
   A. Performance on Final Project in BIO 225 course (rubric attached).
   B. External evaluation (ACSM Certification Exam results reported by students to Faculty).
   C. Performance data of transfer students to EMU and UM.

2. Indicate the standard of success to be used for this assessment.
   A. 70% students who complete BIO 225 will earn a composite average score of 2 or better on the Final Project.
   B. 70% of students who take an ACSM certification exam will successfully gain a certification credential within 2 attempts.
   C. 70% of students who transfer to Sports Medicine-Exercise Science at EMU and Kinesiology at UM will maintain a GPA of 2.8 or better and 70% will graduate within 3 years of transfer.

3. Indicate who will score and analyze the data (data must be blind-scored).
   A. Performance on Final Project in BIO 225 course as evaluated by full time Life Sciences Faculty.
   B. External evaluation by ACSM Certification Exams. Students provide evidence of certification to Life Sciences Faculty.
   C. Performance data of transfer students to Sports Medicine-Exercise Science at EMU and Kinesiology at UM.

4. Explain the process for using assessment data to improve the program.
   The assessment data gathered in this way will provide information for program review and revision. The full time faculty of the Life Sciences department will review the data and determine whether changes in emphasis and/or revisions to the program should be made to improve the outcomes.

REVIEWER	PRINT NAME	SIGNATURE	DATE
Department Chair/Area Director	Esta Grossman Bill Nevers	Esta Grossman Willa Nevers	1/15/08 1/15/08
Dean	Martha Showalter	M. Showalter	1/15/08
Vice President for Instruction ☐ Approved for Development ☒ Final Approval	R	Roger M. Paley.	2/11/08
President		Larry C. Whitwell	4/26/08
Board Approval			

logged 1/15/08 sj ✓
2/26/08 sh

Program Information Report

Transfer and University Parallel Programs
Math and Science
Exercise Science (ASESCI)
Associate in Science Degree

Program Effective Term: **Fall 2008**

The Exercise Science program is designed to prepare students for employment at the entry level in health and fitness-related occupations and/or for higher education by training in the sciences that relate to physical activity, health, fitness, nutrition, wellness, and weight control. Completion of the two-year degree will prepare students for the ACSM certification exams for personal trainer and/or health/fitness instructor. The AS degree in Exercise Science from WCC is designed to prepare students for transfer to a four-year institution that offers degrees in sports medicine-exercise science, kinesiology, movement science, and physical education. Individuals that transfer to four-year institutions in these fields (and in some cases go beyond the four-year degree) can be expected to find employment in a wide variety of occupations, including (but not limited to) physician, physician's assistant, physical therapist, physical therapist assistant, research scientist, fitness manager, worksite wellness coordinator, exercise specialist, clinical exercise physiologist, coach, physical education teacher, and other exercise-related positions.

Continuing Eligibility Requirements:
Students must meet the Computer and Information Literacy Graduation Requirement. See General Education Graduation Requirements in the WCC Bulletin.

General Education Requirements		**(30 credits)**
ENG 111	Composition I	4
ENG 226	Composition II	3
Speech	Elective(s)	3
MTH 160	Basic Statistics	4
BIO 101	Concepts of Biology	4
Soc. Sci.	Elective(s)*	6
Arts/Human.	Elective(s)	6

Major/Area Requirements		**(38 credits)**
BIO 103	General Biology II	4
BIO 110	Introduction to Exercise Science	3
BIO 111	Anatomy and Physiology - Normal Structure and Function	5
BIO 201	Physiology of Exercise	4
BIO 215	Cell and Molecular Biology	4
BIO 225	Tests and Measurements in Exercise Science	3
CEM 111	General Chemistry I	4
HSC 131	CPR/AED for the Professional Rescuer and First Aid	1
MTH 178	General Trigonometry	3
PHY 111	General Physics I	4
PSY 100	Introductory Psychology	3

Minimum Credits Required for the Program: **68**

Notes:

**Transfer students should select 2 MACRAO approved Social Science courses.*