

# Health & Exercise Sciences

Area of Concentration within the A.A. in Arts & Sciences  
Frederick Community College Pathway

## Guided Pathway to Success (GPS)

Suggested schedules map your path to degree completion.

**Full-time student:** Follow the green semester blocks in order.

**Part-time student:** Follow the blue course sequence at your own pace.

**Students should meet with an advisor each semester** to carefully select and sequence courses based on their specific academic goals and interests. Visit Jefferson Hall or call 301.846.2471 for advising.

Students who take fewer than 15 credits each semester or who require developmental English or Math coursework will need additional semesters to complete their degrees. Summer and January term classes may help students to make faster progress.

General Education CORE courses can often be taken in any semester. One course must be designated as a Cultural Competence course. A minimum of nine credits must be taken at the 200 level. Refer to the college catalog for course details and the list of General Education and Cultural Competence classes. <http://www.frederick.edu/class-schedules.aspx#catalog>

Students are strongly recommended to consult an FCC advisor to select elective courses. Students planning to transfer may also reference ARTSYS, the Maryland Articulation System, [www.artsys.usmd.edu](http://www.artsys.usmd.edu).



Take this course within the first 24 credits.



Milestone course – take within recommend credit range to stay on track for completion.



This course is offered in the fall semester only.



This course is offered in the spring semester only.

## 1 Recommended First Semester

1	Gen Ed Core	ENGL 101 - English Composition		3 credits
2	Gen Ed Core	Mathematics Elective (Gen Ed course list)		3/4 credits
3	Gen Ed Core	Social & Behavioral Sciences Elective (Gen Ed course list) (PSYC 101 - General Psychology recommended)		3 credits
4	Gen Ed Core	BSCI 150 - Principles of Biology I		4 credits
5	Concentration	PHED 170 - Introduction to Health and Exercise Sciences		3 credits

## 2 Recommended Second Semester

6	Gen Ed Core	BSCI 201 - Anatomy & Physiology I		4 credits
7	Concentration	PHED 165 - Fitness for Living		3 credits
8	Gen Ed Core	Arts Elective (Gen Ed course list)		3 credits
9	Gen Ed Core	Humanities Elective (Gen Ed course list)		3 credits
10	Concentration	PHED 152 - Methods of Fitness and Conditioning (satisfies PHED/HLTH/NUTR requirement)		1 credit
11	Concentration	PHED 150 - Methods of Strength Training		1 credit

## 3 Recommended Third Semester

12	Concentration	BSCI 202 - Anatomy & Physiology II		4 credits
13	Concentration	HLTH 150 - Health Education		3 credits
14	Concentration	NUTR 102 - Nutrition in a Changing World or NUTR 200 - Principles and Application of Nutrition		3 credits
15	Gen Ed Core	Social & Behavioral Sciences Elective (Gen Ed course list) (EDPS 210 - Human Growth & Development recommended)		3 credits
16	Gen Ed Core	Communications Elective (Gen Ed course list)		3 credits

## 4 Recommended Fourth Semester

17	Gen Ed Core	Gen Ed Elective (Gen Ed course list)		3 credits
18	Electives	Choose electives in consultation with an advisor (See catalog or your degree plan for details on which electives should be taken)		10 credits