

Fitness Leadership & Exercise Science Track (LAX)

A Degree in Liberal Arts and Sciences

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, fitness management, or other health-related fields. 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 and 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/Notes
ENG101	English Composition I	3			ENG100, RDG100, FYE101, or placement
MAT163	Pre-Calculus	4			MAT128
PSY105	Introduction to Psychology	3			ENG100, RDG100, FYE101, or placement
EXS102 or PTA104	Principles of Anatomy and Kinesiology or Applied Anatomy and Kinesiology	3 4			Prerequisites: ENG100, RDG100, FYE101, MAT092, or placement, MAT096 or placement Note: BIO115 or BIO203 for PTA; fall only
CHC101	Complementary Health Care	3			ENG100, RDG100, FYE101, or placement
EXS201	Exercise Science and Nutrition	4			Prerequisites: ENG100, MAT092, RDG100, FYE101, or placement Note: fall only
PER126/130	Health, Fitness, and Wellness Elective	2/3			Prerequisites: MAT092, RDG100, or placement Note: PER130 is recommended for transfer
EXS203	Exercise Testing and Program Design	4			Prerequisites: EXS102 or PTA104, EXS201 Co-requisite: MAT096 or placement Note: spring only
ENG102	English Composition II	3			ENG101
THE113	Speech	3			ENG101
CIS127	Computer Technologies	3			ENG100, RDG100, FYE101, or placement
BIO109 or BIO115	Biology I or Human Biology	4			ENG100, RDG100, FYE101, or placement
PSY110	Human Growth and Development	3			PSY105
BIO203	Anatomy and Physiology I	4			ENG100, MAT096, RDG100, FYE101, or placement, BIO109 or BIO115 strongly encouraged
	Art Elective	3			Electives: ART101, 105, 113
	History Elective	3			Electives: HIS105, 106, 201, 202
ENG236	Modern Drama (designated culturally diverse course)	3			ENG102 or permission of division dean
	History Elective (designated culturally diverse course)	3			Electives: HIS105,106,125
ISC210	Critical Thinking	3			Prerequisite: ENG102; completion of 45 credits Note: Capstone course
BIO204	Anatomy and Physiology II	4			BIO203
ECO102	Microeconomics	3			Prerequisites: ENG100, RDG100, FYE101, or placement Note: ECO101 strongly recommended
Total: 72/73 credits					

See page 131 of the college catalog for program competencies and technical standards.

Campus/format: A majority of this program can be completed during the day only 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 University, 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 and Northeastern University, and 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 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 the program chair, 978-630-9261, or the dean of Health Sciences and Community Service programs at, 978-630-9265.

Earning potential: \$33,730 to \$56,130.

* See page 45 for MassTransfer information.