

# Recreation: Exercise Studies, A.S.

Fall 2018

Student's Name:

Advisor's Name:

<b>Student may need to take the following courses:</b>	<input type="checkbox"/> INTD 095 Integrated Developmental Reading/Writing <b>OR</b>	
	<input type="checkbox"/> ENGL 098/100 - Accelerated Writing Skills/Academic Writing I	
	<input type="checkbox"/> MATH 090 - Pre-Algebra	<input type="checkbox"/> RDNG 116 - College Reading and Study Skills
	<input type="checkbox"/> MATH 095 - Beginning Algebra	<input type="checkbox"/> Other:

Course Requirement	Course Title	Credits	Min. Grade	Grade Earned T - Transfer	Semester Completed
<b>FIRST YEAR</b>					
<b>FALL</b>					
BIOL 101 <b>OR</b> BIOL 104	Principles of Biology I <sup>1</sup> <b>OR</b> General Biology I	3	C		
ENGL 100	Academic Writing I <sup>2</sup>	3	C		
FITN 215	Aerobic Conditioning	1			
PSYC 103 <b>OR</b> SOCIO 101	Introduction to Psychology <b>OR</b> Introduction to Sociology	3			
RECR 110	Introduction to Recreation	3			
SUNY GEN ED Mathematics Elective		3			
<b>Total Credits</b>		<b>16</b>			
<b>SPRING</b>					
BIOL 114	Essentials of Nutrition	3			
BIOL 102 <b>OR</b> HLTH 205	Principles of Biology II <b>OR</b> First Aid & Safety Education <sup>3</sup>	3			
ENGL 101	Academic Writing II	3			
RECR 112	Introduction to Kinesiology	3			
RECR 120	Leadership in Recreation	3			
<b>Total Credits</b>		<b>15</b>			
<b>SECOND YEAR</b>					
<b>FALL</b>					
BIOL 201	Human Anatomy and Physiology I <sup>4</sup>	4			
ENGL 102 <b>OR</b> ENVS 105	Approaches to Literature <b>OR</b> Environmental Ethics	3			
RECR 230	Personal Training and Aerobic Leadership	3			
SUNY GEN ED Restricted Elective <sup>5</sup>		3			
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<b>Total Credits</b>		<b>16</b>			
<b>SPRING</b>					
BIOL 202	Human Anatomy and Physiology II	4			
ENGL 201 <b>OR</b> ENGL 204	Fundamentals of Speech <b>OR</b> Fundamentals of Interpersonal Communication	3			
RECR 220	Programming in Recreation & Leisure	3			
RECR 232	Exercise Physiology	3			
RECR 285	Recreation Field Work	3			
<b>Total Credits</b>		<b>16</b>			

**Minimum Credits Required for Graduation: 63**

<sup>1</sup> Students with High School Biology and Chemistry with minimum Regents exam grades of 80% within the past 5 years can take BIOL 104. The BIOL101 and BIOL102 sequence is recommended.

<sup>2</sup> A student exempted from ENGL 100 must substitute a three credit Liberal Arts Elective. This course should be selected in consultation with the student's advisor.

<sup>3</sup> Students who complete BIOL104 in the first semester should select HLTH 205 to fulfill this requirement. Students who can provide a current First Aid Certification of Responding to Emergencies or higher and an Adult, Child and Infant CPR or higher should complete RECR 210 Diversity and Inclusion. A waiver request form must be submitted and approved.

<sup>4</sup> Students must complete both BIOL 101 and 102 with a C or better grade; or BIOL104 with a C or better grade, as a prerequisite for BIOL 201.

<sup>5</sup> SUNY GEN ED Restricted Elective: Choose two classes from two different categories of the following SUNY GEN ED areas: 4-American History; 5-Western Civilizations; 6-Other World Civilizations; 8-The Arts; or 9-Foreign Language.