

Recreation: Exercise Studies, A.S.				Fall 2023	
Student's Name:			Advisor's Name:		
Student may need to take the following courses:	<input type="checkbox"/> ENGL 098 - Accelerated Writing Skills for ENGL100	<input type="checkbox"/> MATH 017 - Skills & Support Quant Reasoning			
	<input type="checkbox"/> RDNG 116 - College Reading and Study Skills	<input type="checkbox"/> MATH 020 - Skills & Support College Algebra			
		<input type="checkbox"/> MATH 029 - Skills & Support Statistics			
Course Requirement	Course Title	Credits	Min. Grade	Grade Earned T - Transfer	Semester Completed
FIRST YEAR					
FALL					
BIOL 101 ³ OR BIOL 104 ^{1,3}	Principles of Biology I OR General Biology I	3	C		
ENGL 100 ²	Academic Writing I	3	C		
FITN 215	Aerobic Conditioning	1			
PSYC 103 OR SOCI 101	Introduction to Psychology OR Introduction to Sociology	3			
RECR 110	Introduction to Recreation	3			
SUNY GEN ED Mathematics Elective		3			
Total Credits		16			
SPRING					
BIOL102 ³ OR BIOL105 OR CHEM 101	Principles of Biology II OR General Biology II OR Principles of Chemistry I	3			
ENGL 101	Academic Writing II	3			
FITN 217	Strength and Conditioning	1			
RECR 112	Introduction to Kinesiology	3			
RECR 120	Leadership in Recreation	3			
RECR 220	Programming in Recreation and Leisure	3			
Total Credits		16			
SECOND YEAR					
FALL					
BIOL 201	Human Anatomy and Physiology I	4			
FITN 256	Group Fitness Instructor	1			
RECR 230	Personal Training & Aerobic Leadership	3			
RECR 210 OR RECR 150	Diversity and Inclusion in Recreation OR Play Across Diverse Cultures	3			
SUNY GEN ED Humanities Elective		3			
Total Credits		14			
SPRING					
BIOL 202	Human Anatomy and Physiology II	4			
BIOL 114	Essentials of Nutrition	3			
ENGL 201 OR ENGL 204 OR ENGL 210	Public Speaking OR Interpersonal Communication OR Intercultural Communication	3			
RECR 285	Recreation Field Work	3			
SUNY GEN ED Restricted Elective ⁴		3			
Total Credits		16			
Minimum Credits Required for Graduation: 62 A cumulative GPA of at least 2.0 is required for conferral of degree.					
¹ 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.					
² A student exempted from ENGL 100 must substitute a three-credit unrestricted elective. This course should be selected in consultation with the student's advisor.					
³ Students must complete both BIOL101 and 102 with a C or better grade; or BIOL 104 with a C or better grade as a prerequisite for BIOL 201.					
⁴ SUNY GE Restricted Elective: Choose one class from the following SUNY GEN ED Knowledge and Skills Areas: US History and Civic Engagement, World History and Global Awareness, The Arts, OR World Languages.					