

Degree Map: A.S. Exercise Science

Degree Information

Catalog Year: **2025 - 2026**

Plan: **Exercise Science AS**

Sub Plan: **None**

Required Credits: **60**

General Requirements

Req GPA: **2.0**

Req Residential Credits: **30**

Req Pathways Credits: **32**

Req Civic Engagement: **1**

Req Writing Intensive: **1**

1

Session A

COURSE	CRS
ENG 1200	3
EXS 500	3
MAT 9010 or MAT 9B0 or MAT 900	3
HPE 1200	3
Choose 1: PEC Selection From Groups I - III	1

Session B

COURSE	CRS
Choose 1: Flexible Core U.S. Experiences in Its Diversity	3
Choose 1: PEC Selection from Groups I - III	1

SEMESTER CRS: 17

2

Session A

COURSE	CRS
ENG 2400	3
BIO 1100	4
BA 6000	3
EXS 1300 or EXS 1500	3

Session B

COURSE	CRS
Choose 1: PEC Selection from Groups I - III	1

SEMESTER CRS: 14

3

Session A

COURSE	CRS
EXS 1300 or EXS 1500	3
BIO 1200	4
HE 4200	3
HE 3500	2
Choose 1: PEC Selection from Groups I - III	1

Session B

COURSE	CRS
Choose 1: Flexible Core Creative Expression	3

SEMESTER CRS: 16

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Session A

COURSE	CRS
EXS 2000	3
PSY 1100	3
Choose 1: Flexible Core Individual & Society	3
Choose 1: PEC Selection from Groups I - III	1
Choose 1: Flexible Core World Cultures & Global Issues	3

Session B

COURSE	CRS
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SEMESTER CRS: 13

NOTE: The term-by-term course sequence takes into account necessary Prerequisites, Corequisite, and Pre-/Co-requisites

NOTE: Select ONE (1) WRITING INTENSIVE course & ONE (1) CIVIC ENGAGEMENT course. Some courses meet BOTH requirements, see CUNYfirst to determine course status

Important Notes:

Select five (5) courses from among the following three (3) groups, with no more than two (2) courses from any group:

Group I: PEC 200, PEC 1900, PEC 7100

Group II: PEC 3000, PEC 3300, PEC 6500

Group III: PEC 800, PEC 2500, PEC 2900, PEC 5600, PEC 2700, PEW 2100