



Program Outcomes

Upon completion of the program requirements, graduates will be able to:

- plan, administer, and evaluate wellness and fitness programs, nutrition projects, and exercise physiology in clinical, industrial and corporate environments
- develop a medically-based fitness model
- understand the terminology in medicine, health promotion and fitness
- gain an understanding of how to design exercise programs for special populations
- understand how to establish exercise programs/prescriptions, exercise related goals and objectives, training modifications and program evaluation strategies
- collaborate with health care professionals through consultations and referrals in a multi-disciplinary approach to wellness
- effectively communicate with health career providers, fitness professionals, clients, administrators, family and community in the delivery of life long health and wellness

Did You Know?

According to a report released by the Centers for Disease Control and Prevention, there is a great need for professionals in the Exercise Science field. Almost 52 percent of Americans are either insufficiently active or totally inactive; levels of activity often decrease with age. Also, 66 percent of adults and 32 percent of children in America are overweight or obese.



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Your Future is Our Mission

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THREE RIVERS COMMUNITY COLLEGE

Associate's Degree in Exercise Science



*For students
interested in a career
in the health and
wellness field*



Three Rivers Community College is now offering an Exercise Science Associate's Degree.

The Exercise Science degree provides students with a strong foundation in the area of exercise science. Exercise professionals help to lead and demonstrate safe and effective methods of exercise. They write appropriate exercise recommendations, motivate individuals to begin and continue with their healthy lifestyle behaviors, and encourage wellness and good nutrition.



Careers in the Health and Wellness Field

For those students seeking an entry level position in health and fitness, the Exercise Science program prepares students for necessary industry certifications and the knowledge and



motivation to continue as life-long learners in health and fitness.

It's great preparation for a career as a:

- personal trainer
- physical educator
- fitness professional in medically-based health and wellness centers, health clubs or corporate fitness programs
- exercise psychologist
- recreation specialist
- strength and conditioning coach

Students can also find fulfilling employment at commercial fitness centers, community fitness centers, medial fitness, corporate fitness, municipal/recreation/parks, adult community centers, and worksite health promotion programs.

For those students interested in furthering their education at a four-year institution, this program prepares students to transfer to an exercise science or other health-related program.

Curriculum

SEMESTER I: Students take Composition, First Aid and Sports Injury, Intermediate Algebra, Introduction to Fitness and Training and Concepts of Chemistry.

SEMESTER II: Consists of General Biology, Weight Training and Fitness, Literature and Composition, Introduction to Recreation and Leisure Service and a Fine Arts Elective.

SEMESTER III: Students take Anatomy and Physiology I, Introduction to Nutrition, Public Speaking, Exercise Physiology and Programming and Prescription.

SEMESTER IV: Courses include Introduction to Software Applications, General Psychology, Anatomy and Physiology II, Kinesiology with lab and Programming and Prescription II.

Students should refer to the program and course descriptions on www.trcc.commnet.edu or in the 2010-2011 College Catalog to check prerequisites and eligibility before registering.