

Course Sequencing		
Year	Quarter	Subject
First Year	Fall	EXSC 101 (Intro to Exercise Science) ENGL& 101 (English Comp 1) MATH& 146 (Intro to Statistics) HDEV 101 OR 102 (Creating Academic Success OR College Connections) FYI 101 (First Year Introduction)
	Winter	EXSC 202 (Personal Training) CHEM& 121 (Intro to Chemistry w/ Lab) ENGL& 102 (English Comp 2)
	Spring	CMST& 220 (Public Speaking) BIOL& 160 (General Biology w/ Lab) ENGL& 111 (Intro to Lit)
Second Year	Fall	BIOL& 241 (Human A&P 1 w/ Lab) NUTR& 101 (Nutrition) PSYC& 100 (General Psychology)
	Winter	BIOL& 242 (Human A&P 2 w/ Lab) PSYC& 200 (Lifespan Psychology) HIST& 126 (World Civilizations 1)
	Spring	SPAN& 121 (Spanish 1) HE 170 (Health & Wellness) SOC& 101 (Intro to Sociology)

The plan above is only a sample. If you want to see all of the courses we offer, please visit our online catalog [here!](#)

BEFORE YOU START

Ready to get started? To begin working towards the AA-DTA degree, you simply need to apply and be accepted to CBC. You can apply online at www.columbiabasin.edu.

ABOUT THE PROGRAM

Do you enjoy learning about the human body, or have an interest in the health and fitness of yourself and others? Studying Exercise Science lets you explore the inner workings of human movement and the many physical and mental health benefits provided by regular exercise.

OUT OF CLASS TO DO'S

- Contact your instructors and/or the CBC Career Services Center to find an internship, observation/shadowing experience, or a job in a field related to exercise science.
- Research transfer schools of interest with your Completion Coach.
- Visit the Academic Success Center for quiet study space, small group study, supplemental instruction and tutoring assistance.

CAREER OPPORTUNITIES

You can use a degree in Exercise Science as a spring board into many Career paths devoted to helping people be their best and Healthiest selves, including:

- Allied health care
- Personal training
- Athletic training
- Physical therapy
- Occupational therapy
- Chiropractic
- Strength and conditioning
- K-12 physical education teaching
- Clinical exercise physiology
- Corporate wellness
- Recreation center management

FAQs

Class Times/Delivery Format

Classes are offered in a variety of formats, including in-person, online and hybrid.

Length of Program

Full-time students can complete the AA-DTA in two years.

Which Quarter Can I Begin?

You can begin any quarter!

APPLY FOR FINANCIAL AID OR OTHER FUNDING

Please complete:

The FAFSA application: The Free Application for Federal Student Aid (FAFSA) provides financial aid for U.S. citizens and eligible non-citizens, such as permanent residents. Visit the [FAFSA website](#) to create your FSA ID and to complete your application.

OR

The WASFA application: The Washington Application for State Financial Aid (WASFA) is for DACA or HB 1079 undocumented students. Visit the [Washington Student Achievement Council website](#) to complete your WASFA application

Did you know??? You can apply for CBC scholarships two times every year! Click [here](#) for more information!

PLEASE NOTE: This document represents a sample plan for degree completion with this program of study. Actual course selection and sequence may vary and should be discussed individually with your Completion Coach. Completion Coaches can also help you plan other experiences to enrich your education such as internships, research, learning communities, and campus involvement and community-based learning.

Office Hours: Monday to Thursday 7 am to 4:30 pm; Friday 7 am to noon

LEARN MORE |



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