![KINGSBOROUGH COMMUNITY COLLEGE logo]

Last Name: _____   **First Name:** _____

Emplid# _____ **MAJOR: EXERCISE SCIENCE AND PERSONAL TRAINING (A.S.)**

English Placement: _____   **Math Placement:** _____

COLLEGE REQUIREMENTS/REQUIRED CORE: **13 credits**

Note: All courses with an asterisk (*) have a pre-requisite.

Course	Credits	Course	Credits	Course	Credits	Course	Credits
∃ **Eng 12***		∃ **Eng 24***		∃ **Mathematical & Quantitative Reasoning**		∃ **Life & Physical Sciences (BIO 1100* or BIO 1200*)**	

CIVIC ENGAGEMENT REQUIREMENT

Two (2) Civic Engagement experiences-satisfied by CE-Certified or CE-Component courses or   ∃ **Exp. One** ∃ **Exp. Two**
approved outside activity.

WRITING INTENSIVE REQUIREMENT

One (1) Writing Intensive course in any discipline
Note: Go to KCC website: Click on the QUICK LINKS tab for a list of CE and writing intensive courses.

FLEXIBLE CORE: **19 credits***

Twelve (12) credits with one (1) course from four (4) groups selected from **A-D**. **No more than two courses from the same discipline**. Remaining Flexible Core should include the below designated courses for Group E and another course selected from Group E

	Course	Credits
A. **World Cultures and Global Issues**		
B. **U.S. Experience in its Diversity**		
C. **Creative Expression**		
D. **Individual and Society**		
E. **Scientific World-BIO1100*, BIO 1200*, ot BIO 7000**		
Another course selected from Group E- BIO1100*, BIO 1200*, ot BIO 7000		

DEPARTMENT REQUIREMENTS: **28 credits**

Note: All courses with an asterisk (*) have a pre-requisite.   All courses with a plus (+) have a co-requisite.

Course	Credits	Course	Credits	Course	Credits
∃ EXS 9		∃ EXS 15*		**CHOOSE ONE from each of the following GROUPS for 3 credits**:	
∃ EXS 10+/*		∃ EXS 91*		∃GROUP A: PEC 2 **or** PEC 19	
∃ EXS 11+/*		∃ HE 20		∃GROUP B: PEC 33 **or** PEC 65 **or** PEC 30	
∃ EXS 12+/*		∃ HE 35		∃GROUP C: PEC 25, PEC 29, PEC 56,	
∃ EXS 13+/*		∃ HE 14		PEC 27, **or** PEW 21	

ELECTIVES: 0 credit sufficient to meet required total of   **60 credit**

Course	Credits	Course	Credits	Course	Credits	Course	Credits

12 – Week Semester	6 – Week Module	12 – Week Semester	6 – Week Module

Note: This Academic Plan is subject to change based on successful completion of any prerequisites and/or remedial course work required.

_____As a student who is part of the Access-Ability Center, I know that I am advised to return to room D-205 for any course modifications or to discuss accommodations.

_____All students enrolled in special programs should also consult with their program advisor for future planning.

_____I have read and understand that this is what I need to satisfy my degree requirements.

Advisor Signature: _____ Student Signature: _____ Date:_____