

Recreation: Exercise Studies, A.S.				Fall 2024		
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.						