

Exercise Science Technology Program **Most Frequently Asked Questions**

How long does it take to complete the program?

The Diploma program is one full year: Fall, Spring, and Summer [34 credits + RDG 120 (3 credits)].

The Associate Degree program is two years: Fall, Spring, Summer, Fall, Spring [72 credits + RDG 120 (3 credits)].

Can the courses be taken in the evening?

Core and technical support courses are offered all year long, day and evening. Many are offered using a distance learning format [telecourse or on-line]. These courses are bolded on the course sequence sheet.

Exercise Science Courses [EXS] are only offered once a year and only during the day. Each course is only offered in the semester listed on the course sequence sheet.

What are the internships?

There are two internships during the program. The first internship [EXS 135] is in the summer after the first Fall and Spring semesters. There are a total of 80 hours required at a clinical site and 2 hours per week [for eight weeks] class meeting time.

The second internship [EXS 235] is during the Spring semester of the second year. There are a total of 336 hours required at a clinical site [an average of 21 hours per week for 16 weeks] and 2 hours per week class meeting time.

If I already have a personal training certification do I need to take all of the EXS courses?

Yes. The normal DTCC policies apply for being credited for courses: transfer of college courses or ‘testing out’.

What if I want to continue to a 4 year institution?

We have a connected degree with the University of Delaware in Fitness Management. All credits taken in the EXS program will transfer to the Fitness Management concentration as long as the student’s GPA is 2.5 or above. There are also course by course agreements with the University of Delaware in Exercise Physiology and with Wilmington University.

How do I fulfill the observation requirement?

There are four hours of observation hours required for the EXS program. They do not have to be completed and included with the program application documentation. They must be completed prior to EXS 100 [Fall of 1st year]. Arrangements will be made at the Mandatory Program Admission Session [MPAS].

Can I transfer credits from a previous college experience?

Courses from other colleges may be considered for transfer if they are within the past 10 years and have earned a ‘C’ or better. Math and Science courses must have been completed within the past 5 years.

What other information do I need to consider prior to scheduling courses?

RDG 120 – Critical Reading and Thinking is a required course for graduation. There are several ways to become exempt. The include 1) by scoring highly enough on the College Placement Test [CPT] or, 2) having an associate degree or higher [after review and approval of the college transcript]

A student in this program is required to comply with the Allied Health/Science Department Policy Manual and the policies and procedures that pertain to any technology program. For example: transportation to clinical sites, completing immunization and medical forms.