

Exercise Science

AWARD

EXERCISE SCIENCE
TRANSFER PATHWAY DEGREE A.S.60 cr

EXERCISE SCIENCE TRANSFER PATHWAY DEGREE A.S. (60 CREDITS)

Exercise Science Curriculum20 cr
Liberal Arts Curriculum40 cr

CAMPUS CONTACT FOR THIS PROGRAM
Stephen Baugh, sbaugh@inverhills.edu

PURPOSE

The Exercise Science Transfer Pathway A.S. offers students a powerful option: the opportunity to complete an Associate of Science degree with course credits that directly transfer to designated Exercise Science, Kinesiology, Physical Education or Human Performance bachelor's degree programs at Minnesota State universities. The curriculum has been specifically designed so that students completing the pathway degree and transferring to one of the seven Minnesota State Universities* enter the university with junior-year status. All courses in the Transfer Pathway associate degree will directly transfer and apply to the designated bachelor's degree programs in a related field.

The Exercise Science Pathway consists of the Required Pathway Curriculum and select Minnesota Transfer Curriculum (MnTC) requirements to bring your credit total to 60 credits.

**Universities within the Minnesota State system include Bemidji State University; Metropolitan State University; Minnesota State University, Mankato; Minnesota State University, Moorhead; Southwest Minnesota State University; St. Cloud State University; and Winona State University.*

This degree is part of a Minnesota State system agreement and will articulate with all other system universities and some metro-area private institutions. While this degree program prepares students to transfer to a 4-year program in Exercise Science or Kinesiology, it also prepares students to begin a career in the fitness industry.

TRANSFER PATHWAYS

With this transfer pathway, you will be able to transfer to the following majors:

At Bemidji State University
TBD

At Metropolitan State University
NA

At Minnesota State University, Mankato:
Exercise Science – BS

At Minnesota State University, Moorhead:
TBD

At Southwest Minnesota State University*:
Exercise Science – BS

At St. Cloud State University:
NA

At Winona State University:
NA

** Southwest Minnesota State University offers a BS option within the Twin Cities metropolitan area for interested students*

EXERCISE SCIENCE PATHWAY CURRICULUM 20 CREDITS

| | |
|--|---|
| <input type="checkbox"/> PHED 1100 Introduction to Physical Education, Kinesiology, Exercise and Sport Science | 2 |
| <input type="checkbox"/> PHED 1109 Weight Training | 2 |
| <input type="checkbox"/> PHED 2000 Introduction to Personal Training | 2 |
| <input type="checkbox"/> HLTH 1110 Nutrition | 3 |
| <input type="checkbox"/> HLTH 1155 Lifetime Fitness & Wellness | 2 |
| <input type="checkbox"/> HLTH/PHED Electives* | 1 |
| <input type="checkbox"/> BIOL 2201 Anatomy & Physiology I | 4 |
| <input type="checkbox"/> BIOL 2202 Anatomy & Physiology II | 4 |

* Electives may be chosen from any physical education courses.

LIBERAL ARTS CURRICULUM 40 CREDITS

| | |
|---|------------|
| Goal 1 Communication | |
| <input type="checkbox"/> ENG 1108 Writing & Research Skills | 4 |
| <input type="checkbox"/> ENG 1111 Research Writing in the Disciplines OR ENG 1114 The Research Paper OR ENG 1130 Writing and Research for the Professions | 2-3 |
| <input type="checkbox"/> COMM 1100 Interpersonal Communication OR COMM 1110 Public Speaking OR COMM 2230 Small Group Communication | 3 |
| Goal 2 Critical Thinking | |
| <input type="checkbox"/> Goal 2 course - satisfied by Pathway | |
| Goal 3 Natural Science | |
| <input type="checkbox"/> BIOL 1120 Exploring Biology OR BIOL 1154 Biology: From Cell To Organism | 4 |
| <input type="checkbox"/> CHEM 1010 Introductory Chemistry OR CHEM 1061 Principles of Chemistry I | 4-5 |
| Goal 4 Mathematical/Logical Reasoning | |
| <input type="checkbox"/> MATH 1103 Introduction to Statistics | 4 |
| Goal 5 History/Social Sciences/Behavioral Sciences | |
| <input type="checkbox"/> PSYC 1101 Introduction to Psychology OR PSYC 1201 Introduction to Psychology with Lab | 4 |
| <input type="checkbox"/> Goal 5 course (may be from PSYC) | 3-4 |
| <input type="checkbox"/> Goal 5 course (not from PSYC) | 3-4 |
| Goal 6 Humanities/Fine Arts/Literature | |
| <input type="checkbox"/> Goal 6 course | 3 |
| Liberal Arts Electives (Any MnTC course, recommend Goal 6) | 2-6 |

RECOMMENDED COURSE OF STUDY FOR EXERCISE SCIENCE TRANSFER PATHWAY A.A. DEGREE

Here is the recommended course of full-time study for the Exercise Science Transfer Pathway A.S Note: Not all courses will be available every semester. For a complete list of MnTC Goal Area course choices, please visit:

www.inverhills.edu/MnTC

EXERCISE SCIENCE TRANSFER PATHWAY SEMESTER 1 15 CREDITS

| | |
|--|---|
| PHED 1100 Introduction to Exercise Science | 2 |
| PHED 1109 Weight Training | 2 |
| BIOL 1120 Exploring Biology OR BIOL 1154 Biology: From Cell To Organism | 4 |
| ENG 1108 Writing and Research Skills | 4 |
| Goal 5 elective | 3 |

EXERCISE SCIENCE TRANSFER PATHWAY SEMESTER 2 15-17 CREDITS

| | |
|--|-----|
| HLTH 1155 Lifetime Fitness & Wellness | 2 |
| CHEM 1010 Introductory Chemistry OR CHEM 1061 Principles of Chemistry I | 4-5 |
| PSYC 1101 Introduction to Psychology OR PSYC 1201 Introduction to Psychology with Lab | 4 |
| ENG 1111 Research Writing in the Disciplines OR ENG 1114 The Research Paper OR ENG 1130 Writing & Research for the Professions | 2-3 |
| Goal 6 elective | 3 |

EXERCISE SCIENCE TRANSFER PATHWAY SEMESTER 3 14 CREDITS

| | |
|---|---|
| HLTH 1110 Nutrition | 3 |
| PHED elective | 1 |
| BIOL 2201 Anatomy & Physiology I | 4 |
| COMM 1100 Interpersonal Communication OR COMM 1110 Public Speaking OR COMM 2230 Small Group Communication | 3 |
| Goal 5 elective | 3 |

EXERCISE SCIENCE TRANSFER PATHWAY SEMESTER 4 14-16 CREDITS

| | |
|---|-----|
| PHED 2000 Introduction to Personal Training | 2 |
| BIOL 2202 Anatomy & Physiology I | 4 |
| MATH 1103 Introduction to Statistics | 4 |
| Liberal Arts Electives (MnTC courses only) | 4-6 |

TOTAL CREDITS60