

Exercise Science

AWARD

Exercise Science Transfer Pathway A.S. Degree 60 cr

CAMPUS CONTACT FOR THIS PROGRAM

Christine Petrich, cpetrich@inverhills.edu

EXERCISE SCIENCE TRANSFER PATHWAY A.S., 60 CREDITS

Exercise Science Curriculum 20 cr

General Education Curriculum 40 cr

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.

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.

**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.*

TRANSFER PATHWAYS

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

Bemidji State University
Exercise Science – BS

Minnesota State University, Mankato
Exercise Science – BS

Minnesota State University, Moorhead
Exercise Science – BS

Southwest Minnesota State University *
Exercise Science – BS

Winona State University
Exercise & Rehabilitative Sciences – BS

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

Pathway Curriculum 20 credits

- PHED 1100 Introduction to Physical Education, Kinesiology, Exercise and Sport Science 2
- PHED 1109 Weight Training 2
- PHED 2000 Introduction to Personal Training 2
- HLTH 1110 Nutrition. 3
- HLTH 1155 Lifetime Fitness & Wellness 2
- HLTH/PHED electives* 1
- BIOL 2201 Human Anatomy & Physiology I 4
- BIOL 2202 Human Anatomy & Physiology II 4

* Electives may be chosen from any physical education courses.

General Education Curriculum 40 credits

- Goal 1 Communication
 - ENG 1108 Writing & Research Skills. 4
 - ENG 1111, 1114, OR 1130 2-3
 - COMM 1100, 1110 OR 2230 3
- Goal 2 Critical Thinking
 - Satisfied by Pathway
- Goal 3 Natural Science
 - BIOL 1120 Exploring Biology OR
BIOL 1154 Principles of Biology I 4
 - CHEM 1010 Introductory Chemistry OR
CHEM 1061 Principles of Chemistry I 4-5
- Goal 4 Mathematical/Logical Reasoning
 - MATH 1103 Introduction to Statistics 4
- Goal 5 History/Social Sciences/Behavioral Sciences
 - PSYC 1101 Introduction to Psychology 4
 - Goal 5 course (may be from PSYC) 3-4
 - Goal 5 course (not from PSYC) 3-4
- Goal 6 Humanities/Fine Arts/Literature
 - Any Goal 6 course. 3
- General electives (any MnTC course, recommend Goal 6) 2-6

TOTAL CREDITS 60

FULL-TIME RECOMMENDED COURSE OF STUDY

Note: Not all courses will be available every semester. For a complete list of MnTC Goal Area course choices, please visit: inverhills.edu/MnTC

Semester 1 15 credits

- PHED 1100 Introduction to Exercise Science. 2
- PHED 1109 Weight Training 2
- BIOL 1120 Exploring Biology OR
BIOL 1154 Principles of Biology I 4
- ENG 1108 Writing & Research Skills (Goal 1, 2) 4
- MnTC Goal 5 course 3

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 4
- ENG 1111 Research Writing (Goal 1) OR
ENG 1114 The Research Paper OR
ENG 1130 Writing & Research for the Professions 2-3
- MnTC Goal 6 course 3

Semester 3 14 credits

- HLTH 1110 Nutrition 3
- PHED elective 1
- BIOL 2201 Human Anatomy & Physiology I 4
- COMM 1100 Interpersonal Communication (Goal 1, 7) OR
COMM 1110 Public Speaking (Goal 1, 2) OR
COMM 2230 Small Group Communication (Goal 1, 2) 3
- MnTC Goal 5 course 3

Semester 4 14-16 credits

- PHED 2000 Introduction to Personal Training 2
- BIOL 2202 Human Anatomy & Physiology II 4
- MATH 1103 Introduction to Statistics 4
- General electives (MnTC courses only). 4-6

TOTAL CREDITS 60



A MEMBER OF MINNESOTA STATE

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