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

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
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<tbody>
<tr>
<td>PHED 1100  Introduction to Exercise Science</td>
<td>2</td>
</tr>
<tr>
<td>PHED 1109  Weight Training</td>
<td>2</td>
</tr>
<tr>
<td>BIOL 1120  Exploring Biology OR BIOL 1154  Principles of Biology I</td>
<td>4</td>
</tr>
<tr>
<td>ENG 1108  Writing &amp; Research Skills (Goal 1, 2)</td>
<td>4</td>
</tr>
<tr>
<td>MnTC Goal 5 course</td>
<td>3</td>
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**Semester 2**  15-17 credits

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<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td>HLTH 1155  Lifetime Fitness &amp; Wellness</td>
<td>2</td>
</tr>
<tr>
<td>CHEM 1010  Introductory Chemistry OR CHEM 1061  Principles of Chemistry I</td>
<td>4-5</td>
</tr>
<tr>
<td>PSYC 1101  Introduction to Psychology</td>
<td>4</td>
</tr>
<tr>
<td>ENG 1111  Research Writing (Goal 1) OR ENG 1114  The Research Paper OR ENG 1130  Writing &amp; Research for the Professions</td>
<td>2-3</td>
</tr>
<tr>
<td>MnTC Goal 6 course</td>
<td>3</td>
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**Semester 3**  14 credits

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<thead>
<tr>
<th>Course</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>HLTH 1110  Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>PHED elective</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 2201  Human Anatomy &amp; Physiology I</td>
<td>4</td>
</tr>
<tr>
<td>COMM 1100  Interpersonal Communication (Goal 1, 7) OR COMM 1110  Public Speaking (Goal 1, 2) OR COMM 2230  Small Group Communication (Goal 1, 2)</td>
<td>3</td>
</tr>
<tr>
<td>MnTC Goal 5 course</td>
<td>3</td>
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**Semester 4**  14-16 credits

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<thead>
<tr>
<th>Course</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>PHED 2000  Introduction to Personal Training</td>
<td>2</td>
</tr>
<tr>
<td>BIOL 2202  Human Anatomy &amp; Physiology II</td>
<td>4</td>
</tr>
<tr>
<td>MATH 1103  Introduction to Statistics</td>
<td>4</td>
</tr>
<tr>
<td>General electives (MnTC courses only)</td>
<td>4-6</td>
</tr>
</tbody>
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**TOTAL CREDITS**  60