

# Exercise Science Transfer Major - AS

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West Burlington Campus, and select courses available at the Keokuk Campus

The Exercise Science and Kinesiology Transfer Major Associate of Arts Degree and Associate of Science Degree are designed for students transferring to Iowa Regents Universities to study a variety of related undergraduate majors.

Students who pursue this major will have the opportunity to learn the necessary content and skills for upper-level classes at the transfer institution and to be successful in their desired field after graduation.

Possible undergraduate majors and Bachelor's degree options:

- Athletic Training
- Diet and Exercise
- Exercise Science
- Exercise Trainer/Fitness Trainer
- Kinesiology
- Health and Human Performance
- Nutrition
- Public Health and Wellness
- Strength and Conditioning
- Athletic Coach/Scout
- Health Education Specialist

Students should become familiar with the specific course requirements of the four-year institution to which they plan to transfer as institutions vary.

The following courses are required for the Exercise Science Associate of Science Transfer Major: BIO-151, BIO-168, BIO-173, MAT-156, BIO-105 (or BIO-157), PHY-162, SDV-108, ENG-105, and ENG-106. The other courses are suggested and may be substituted; please consult with a Student Success Advocate.

## Instructor and Staff

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### Program Requirements

Fall Semester I	Credit
SDV-108 The College Experience	1
ENG-105 Composition I	3
SPC-112 Public Speaking	3
PEH-102 Health	3
PEH-142 First Aid	3

#### Take 1 of 2 courses:

BIO-105 Introductory Biology	4
BIO-157 Human Biology	4
Semester Total.....	17

Spring Semester I	Credit
ENG-106 Composition II	3
MAT-156 Statistics	3
BIO-151 Nutrition	3
PHI-101 Introduction to Philosophy	3
PET-105 Basic Athletic Training	3
Semester Total.....	15

Fall Semester II	Credit
BIO-168 Human Anatomy and Physiology I	4
PSY-111 Introduction to Psychology	3
PHY-162 College Physics I	4
ART-133 Drawing	3
PET-230 Care and Prevention of Athletic Injuries	3
Semester Total.....	17

Spring Semester II	Credit
BIO-173 Human Anatomy and Physiology II	4
SOC-110 Introduction to Sociology	3

#### Take 1 of 2 courses:

CHM-165 General Chemistry I	4
CHM-122 Introduction to General Chemistry	4

#### Take 1 of 2 courses:

HUM-114 Multicultural Perspectives	3
SOC-212 Diversity	3
Semester Total.....	14

Program Total.....	63
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