

# 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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