

## AS: Exercise Science Transfer Pathway 2021-2022

The Associate of Science in Exercise Science Transfer Pathway will examine the effects of exercise and physical activity on people in order to optimize their physical and mental health. This program focuses on the anatomy, physiology, biochemistry and biophysics of human movement, and application to exercise and therapeutic rehabilitation. This degree can prepare students to transfer, and choose from a broad range of careers such as clinical testing, personal training and performance enhancement, sports management, physical therapy, strength and conditioning, athletic training, cardiac rehabilitation and many more.

### Program Courses

Course No.	Course Title	Credits
BIOL2111	Human Anatomy and Physiology I	4
BIOL2112	Human Anatomy and Physiology II	4
EXSC1050	Weight Training	1
EXSC1500	Foundations of Exercise Science	3
EXSC1900	Worldwide Fitness Trends	
EXSC2010	Essentials of Exercise Science	3
EXSC2110	Advanced Fitness Assessment and Exercise Prescription	3
EXSC1060/2600	Advanced Weight Training OR Wellness Coaching and Behavior Change	2
EXSC2490	Kinesiology	4
HLTH1070	Nutrition	3
<b>1 course from HLTH1250, EXSC1250:</b>		
EXSC1250	Wellness for Life <i>or</i>	3
HLTH1250	Wellness for Life	3

### General Education Courses

Course No.	Course Title	Credits
<b>College Writing I: (minimum grade 1.67)</b>		
ENGL1200	Gateway College Writing (minimum grade 1.67) <i>or</i>	4
ENGL1201	College Writing I (minimum grade 1.67)	4
ENGL1202	College Writing II	2
<b>Biology I or Principles of Biology:</b>		
BIOL1001	Biology I <i>or</i>	4
BIOL1101	Principles of Biology I	4
<b>Intro to Chemistry or Principles of Chemistry:</b>		
CHEM1010	Introduction to Chemistry <i>or</i>	4
CHEM1061	Principles of Chemistry I	4
COMM1110	Principles of Interpersonal Communication	3
MATH1130	Elementary Statistics	3
PSYC1150/1160	General Psychology OR Introduction to Psychology	3-4
SOC1110	Introduction to Sociology	3
<b>History and the Social Behavioral Sciences - Complete 3 credits</b>		

### Electives

Course No.	Course Title	Credits
<b>Additional courses, if needed, to reach 30 MnTC credits, and 60 total credits</b>		

#### Total Credit Required 60

Students seeking a Physical Therapy degree: Additional program requirements are CHEM 1062, BIOL 1202, PHYS 1201 and PHYS 1202. See PT specific degree map from EXSC faculty and/or advisor.

CHEM 1061 has a College Algebra Pre-Requisite (MATH 1150) or Accuplacer score of 79 or higher CHEM 1061 and BIOL 1101 are required for Physical Therapy Program requirements. CHEM 1010 and BIOL 1001 will NOT be counted towards a Physical Therapy Program and you will have to retake these courses at the higher level.

**Knowledge of Human Cultures and the Physical and Natural World including:**

Apply principles, skills, and methods related to biomechanics, exercise physiology, health promotion, exercise prescription and sport psychology.

**Intellectual and Practical Skills, Including:**

- Apply the clinical and epidemiological evidence linking physical activity and exercise to mental and physical health.
- Apply the scientific method to solve problems related to physical activity and health.
- Utilize oral and written communication that meets appropriate professional and scientific standards in the field of Kinesiology/Exercise Science.
- Evaluate the effectiveness of human movement using mechanical principles.
- Associate the organic, skeletal, and neuromuscular structures of the human body to psychological factors associated with diverse physical activities.
- Work effectively in teams by valuing collaboration, providing service to others, and developing relational techniques for lifelong learning and problem solving.

**Personal and Social Responsibility and Engagement, Including**

- Apply Exercise Science related skills to real-world problems through empirical research, internships, field experience, and/or service learning.
- Demonstrate leadership and social responsibility to improve quality of life for others and ensure equitable access for diverse groups by creating appropriate environments to initiate and maintain a physically active, healthy lifestyle.
- Model behavior consistent with that of a Kinesiology professional, including 1) advocacy for a healthy, active lifestyle, 2) adherence to professional ethics, 3) service to others, 4) shared responsibility and successful collaboration with peers, and 5) pursuit of learning beyond NHCC.
- Safely develop an individualized exercise prescription based on scientific principles and appropriate evaluation techniques designed to reduce the risk of chronic disease and avoid injuries.

**Integrative and Applied Learning, Including**

- Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.
- Assimilate, analyze, synthesize and integrate concepts related to the exercise science field. Students will also be able to sit for professional certifications related to personal training, including but not limited to those offered by the National Academy of Sports Medicine, the American Council on Exercise, and select others.

**Degree Information**

The Associate of Science (A.S.) degree is intended for students whose primary goal is to complete the credentials for a specific career and/or prepare for transfer to complete a bachelor's degree at a college or university with whom North Hennepin Community College has an articulation agreement. The A.S. degree provides a balance of general education courses and the required scientific, professional or technical courses in the degree program.

A student shall:

Earn a minimum of 60 semester credits as required in the program, with a grade point average of 2.00

(C) or above in courses taken at North Hennepin Community College. Specific programs may have additional requirements or a higher minimum grade point average.

Earn a minimum of 15 semester credits at North Hennepin Community College. A student must complete at least 50% of career specific courses at North Hennepin Community College.

Earn 30 credits in at least 6 Minnesota Transfer Curriculum (MnTC) goal areas. Earn 30 professional/technical credits.

Have four years to complete the graduation requirements as published in the catalog in effect at the time of their initial enrollment. Students taking more than four years to complete their graduation requirements may follow any catalog published during the four-year period preceding their graduation.

Completion of an A. S. degree fulfills the Goal Area 2 requirement of the Minnesota Transfer Curriculum (MnTC).

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**Developmental Courses**

Some students may need preparatory course(s) in Math and/or English. Courses numbered below 1000 will not apply toward a degree.

**Equal Opportunity Employer and Disability Access Information**

North Hennepin Community College is a member of Minnesota State Colleges and Universities system and an equal opportunity employer and educator. This document is available in alternative formats to individuals with disabilities by calling 763-493-0555 or through the Minnesota Relay Service at 1-800-627-3529.

**Transfer Information**

If you are planning on transferring to another institution, follow the guidelines available on our transfer resources web page to help you plan the process: [Transfer Information](#)

**Accreditation**

North Hennepin Community College is accredited by the: Higher Learning Commission 30 N. LaSalle Street, Suite 2400 Chicago, IL 60602-2504 1-800-621-7440

**Career Opportunities**

Information on careers, including salary and employment outlook data, is available on the isseek and Bureau of Labor Statistics websites: <https://careerwise.minnstate.edu/careers/> and [www.bls.gov](http://www.bls.gov).