

Exercise Science Transfer Pathway

Associate of Science

START
HERE

Semester 1

Course Number	Course Name	Credits	Milestone	Completed
College Writing I	Pick one: ENGL 1200‡ or 1201	4-5	Yes	<input type="checkbox"/>
CHEM 1010 or CHEM 1061	Introduction to Chemistry or Principles of Chemistry I (see helpful hints)	4	Yes	<input type="checkbox"/>
EXSC 1500*	Foundations of Exercise Science	3	Yes	<input type="checkbox"/>
EXSC 1900	Worldwide Fitness and Wellness Trends	1		<input type="checkbox"/>
MnTC Goal 5	Goal 5 (History and the Social and Behavioral Sciences)	3		<input type="checkbox"/>

Total Credits: 15

Semester 2

Course Number	Course Name	Credits	Milestone	Completed
College Writing II	Pick one: ENGL 1202 or 1203‡	2-3	Yes	<input type="checkbox"/>
BIOL 1001 or BIOL 1101	Biology I or Principles of Biology I	4	Yes	<input type="checkbox"/>
PSYC 1150	General Psychology	3		<input type="checkbox"/>
EXSC 1250	Wellness for Life	3		<input type="checkbox"/>
SOC 1110	Introduction to Sociology	3		<input type="checkbox"/>

Total Credits: 15

Semester 3

Course Number	Course Name	Credits	Milestone	Completed
BIOL 2111	Anatomy & Physiology I	4	Yes	<input type="checkbox"/>
EXSC 2010*	Essentials of Exercise Science	3	Yes	<input type="checkbox"/>
EXSC 1050	Weight Training	1	Yes	<input type="checkbox"/>
HLTH 1070	Nutrition	3	Yes	<input type="checkbox"/>
COMM 1110	Interpersonal Communications	3		<input type="checkbox"/>

Total Credits: 14

Semester 4

Course Number	Course Name	Credits	Milestone	Completed
BIOL 2112	Anatomy & Physiology II	4		<input type="checkbox"/>
EXSC 1060	Advanced Weight Training	2	Yes	<input type="checkbox"/>
EXSC 2110	Advanced Fitness Assessment & Exercise Prescription	3		<input type="checkbox"/>
EXSC 2490*	Kinesiology	4		<input type="checkbox"/>
MATH 1130	Elementary Statistics	3		<input type="checkbox"/>

Total Credits: 16

Program Credit Total: 60

FINISHED



Helpful Hints

‡ ENGL 1200 corequisite ‡ENGL 1001- College Writing I Workshop

‡ENGL 1203 corequisite ‡ENGL 1002- College Writing II Workshop

-We have a partnership with Southwest for BS degree

-After completing EXSC 2100 students will sit for the NCSF Certified Personal Trainer national exam to be an official certified personal trainer. After completing EXSC 2150 students will sit for the NCSF Advanced Strength & Conditioning national certification exam, and after EXSC 2270, students will sit for the NCSF Fitness Nutrition Specialist national certification exam. Each of those courses will have a \$199 fee to cover the national certification exam fees from the NCSF

-Students interested in pursuing the EXSC Transfer Pathway for a career in Physical Therapy or Occupational Therapy should take BIOL 1101 and CHEM 1061.

-If you do not place into Intro to Chem or Principles of Chem (CHEM 1010 or CHEM 1061) you will need to complete additional math sequence courses in order to take CHEM 1010 or CHEM 1061

-If you do not place into Elementary Stats (MATH 1130) you will need to complete additional math sequence course



Disclaimer: This roadmap represents one possible pathway through the program, so please make an appointment with your Academic Advisor to create an education plan that is customized to meet your needs. This information is subject to change.

* Leaf/Dagger (†) means the class is only offered Fall semester. Flower/Asterisk (*) means the class is only offered Spring Semester. Double Dagger (‡) means the course has a corequisite that must be taken at the same time.