

# Exercise Science Transfer Pathway Associate of Science

START  
HERE



## Milestone Courses

should be taken in the order shown. This will help you stay on track and graduate on time.

## Semester 1

| Course Number     | Course Name                  | Credits | Milestone | Completed                |
|-------------------|------------------------------|---------|-----------|--------------------------|
| College Writing I | Pick one: ENGL 1200‡ or 1201 | 4-5     | Yes       | <input type="checkbox"/> |
| EXSC 1250         | Wellness for Life            | 3       |           | <input type="checkbox"/> |

**Total Credits: 7**

## Semester 2

| Course Number      | Course Name                  | Credits | Milestone | Completed                |
|--------------------|------------------------------|---------|-----------|--------------------------|
| College Writing II | Pick one: ENGL 1202 or 1203‡ | 2-3     | Yes       | <input type="checkbox"/> |
| MATH 1130          | Elementary Statistics        | 3       |           | <input type="checkbox"/> |
| EXSC 1050          | Weight Training              | 1       | Yes       | <input type="checkbox"/> |

**Total Credits: 6**

## Semester 3

| Course Number             | Course Name   | Credits | Milestone | Completed                |
|---------------------------|---|---------|-----------|--------------------------|
| EXSC 1500†                | Foundations of Exercise Science   | 3       | Yes       | <input type="checkbox"/> |
| CHEM 1010 or<br>CHEM 1061 | Introduction to Chemistry or<br>Principles of Chemistry I (see helpful hints) | 4       | Yes       | <input type="checkbox"/> |
| COMM 1110                 | Interpersonal Communication   | 3       |           | <input type="checkbox"/> |

**Total Credits: 10**

## Semester 4

| Course Number             | Course Name                          | Credits | Milestone | Completed                |
|---------------------------|--------------------------------------|---------|-----------|--------------------------|
| BIOL 1001 or<br>BIOL 1101 | Biology I or Principles of Biology I | 4       | Yes       | <input type="checkbox"/> |
| PSYC 1150                 | General Psychology                   | 3       |           | <input type="checkbox"/> |

**Total Credits: 7**

## Semester 5

| Course Number | Course Name            | Credits | Milestone | Completed                |
|---------------|------------------------|---------|-----------|--------------------------|
| BIOL 2111     | Anatomy & Physiology I | 4       | Yes       | <input type="checkbox"/> |
| HLTH 1070     | Nutrition              | 3       | Yes       | <input type="checkbox"/> |

**Total Credits: 7**

(Semester 6 continues on the next page)

## 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 courses.

## Semester 6

| Course Number | Course Name               | Credits | Milestone | Completed                |
|---------------|---------------------------|---------|-----------|--------------------------|
| BIOL 2112     | Anatomy & Physiology II   | 4       |           | <input type="checkbox"/> |
| SOC 1110      | Introduction to Sociology | 3       |           | <input type="checkbox"/> |

**Total Credits: 7**

## Semester 7

| Course Number | Course Name                    | Credits | Milestone   | Completed                |
|---------------|--------------------------------|---------|---|--------------------------|
| EXSC 2010†    | Essentials of Exercise Science | 3       |  Yes | <input type="checkbox"/> |
| EXSC 1060     | Advanced Weight Training       | 2       |  Yes | <input type="checkbox"/> |
| EXSC 1900     | Worldwide Fitness Trends       | 1       |   | <input type="checkbox"/> |

**Total Credits: 6**

## Semester 8

| Course Number | Course Name   | Credits | Milestone | Completed                |
|---------------|---|---------|-----------|--------------------------|
| EXSC 2110     | Advanced Fitness Assessment & Exercise Prescription     | 3       |           | <input type="checkbox"/> |
| EXSC 2490*    | Kinesiology   | 4       |           | <input type="checkbox"/> |
| MnTC Goal 5   | Goal 5 (History and the Social and Behavioral Sciences) | 3       |           | <input type="checkbox"/> |

**Total Credits: 10**

**Program Credit Total: 60**



**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.

Effective: 10/4/24 AT