

Transfer Planning Worksheet 2025-2026



**NORTH CENTRAL
COLLEGE 1861**

Student Name: _____ North Central ID# _____ College Representative: _____ Date: _____

Exercise Science, B.S.

Exercise Science is broad discipline that studies the effects of physical activity on the human body. Exercise Science includes topics such as kinesiology, biomechanics, exercise physiology, fitness assessment, exercise training techniques and exercise programming for healthy and special populations. Exercise Science is a degree that prepares graduates to work in wide range of careers related to health, fitness and human performance.

Major Requirements

Course Name	Equivalent	Credit	Grade
EXSC 101 - Foundations of Exercise Science			
EXSC 255 - Organization and Administration in Exercise Science			
EXSC 345 - Training Techniques			
EXSC 347 - Physiology of Exercise			
EXSC 410 - Fitness Evaluation			
EXSC 420 - Exercise Program Design I			
EXSC 447 - Exercise Medicine			
EXSC 490 - Internship Seminar			
EXSC 497 - Internship			
HTSC 100 - First Aid and Personal Safety			
KINE 247 - Functional Anatomy	KIN 236 @ Harper		
KINE 317 - Kinesiology			
NUTR 101 - Introduction to Nutrition and Health	NTR 101 @ Harper		

Optional Courses:

Course Name	Equivalent	Credit	Grade
EXSC 295 - Research Practicum			
EXSC 390 - Special Topics			

Additional Requirements for the B.S. Degree

Course Name	Equivalent	Credit	Grade
BIOL 201 - Anatomy and Physiology I	BIO 160 @ Harper		
BIOL 202 - Anatomy and Physiology II	BIO 161 @ Harper		
PSYC 250 - Statistics	MTH 165 @ Harper		