

# TRANSFER PLANNING WORKSHEET: 2025-2026



# **NORTH CENTRAL COLLEGE 1861**

**FOR PLANNING USE ONLY – NOT AN OFFICIAL DEGREE AUDIT**

Student Name: \_\_\_\_\_ North Central ID# \_\_\_\_\_ College Representative: \_\_\_\_\_ Date: \_\_\_\_\_

## Your guide for transferring:

- Transfer students with an earned Associate of Arts or Associate of Science will only need to fulfill Career Readiness.
- At least 64 credit hours must be taken at a four-year institution; at least 128 credit hours are required for graduation.
- Some courses may have pre-requisites; please consult the course catalog. One course may fulfill a requirement in up to three different designations.
- Global Understanding can be fulfilled by Study Abroad, including May Term (indicated by \*).
- Students with less than 28 transferable hours will need to complete CARD 110, a 1-credit transition course.

## GENERAL EDUCATION

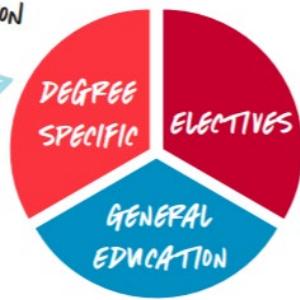
Requirement	Course Number/Title	Credit	Grade
Composition	ENG 101 @ JJC		
Writing Intensive	ENG 102 @ JJC		
Public Speaking	COMM 101 @ JJC		
Arts	Any "ART" in guide		
Humanities	Any "HUM" in guide		
Social Science	Any "SOC" in guide		
Science	Any "SCI" in guide		
Quantitative Analysis	Completed in major		
Power Structures <b>or</b> Global Understanding*	Any "POW" or "GLO" in guide		
Ethical Dimensions	Any "ETH" in guide		
Well Being	Completed in major		
Experiential (one of the following): <i>-Community Engaged Learning -Study Away/Study Abroad -Student Research -Liberal Arts and Problems of Today</i>			
Career Readiness (Must be taken at NC)			

## DEGREE-SPECIFIC REQUIREMENTS

<b>B.A. – Foreign Language</b>	<ul style="list-style-type: none"> <li>• 3 years H.S. with "B" average or</li> <li>• LANG 102 or equivalent or</li> <li>• Designated Study Abroad or</li> <li>• LANG 390 or CLSS 190 (available <b>only</b> to transfers entering with a <b>minimum of 51 transferable credits</b>)</li> </ul> <p><i>Some majors may require courses in addition to foreign language</i></p>
<b>B.S., B.B.A., B.F.A., &amp; B.M.E.</b>	<ul style="list-style-type: none"> <li>• Determined by individual major</li> </ul>

## ELECTIVES

**128 CREDITS NEEDED  
FOR GRADUATION**



**Additional Notes:** JJC Transfer Guide: <https://www.northcentralcollege.edu/sites/default/files/2025-2026%20JJC%20Transfer%20Guide%20Final.pdf>

# Transfer Planning Worksheet

## 2025-2026



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COLLEGE 1861**

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### 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	KIN 201 @ JJC		
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	KIN 207 @ JJC		
KINE 247 - Functional Anatomy			
KINE 317 - Kinesiology			
NUTR 101 – Introduction to Nutrition and Health			

### 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 250 @ JJC		
BIOL 202 - Anatomy and Physiology II	BIO 251 @ JJC		
PSYC 250 - Statistics	MATH 128 @ JJC		