



**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 or Global Understanding* | Any "POW" or "GLO" in guide | | |
| Ethical Dimensions | Any "ETH" in guide | | |
| Well Being | Completed in major | | |
| Experiential (one of the following): -Community Engaged Learning -Study Away/Study Abroad -Student Research -Liberal Arts and Problems of Today | | | |
| Career Readiness (Must be taken at NC) | | | |

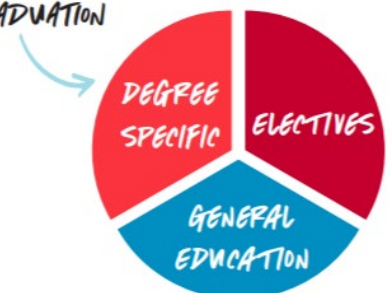
ELECTIVES

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DEGREE-SPECIFIC REQUIREMENTS

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

**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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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 | | |