

Transfer Planning Worksheet 2020-2021



**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 345 - Training Techniques			
EXSC 347 - Physiology of Exercise			
EXSC 410 - Fitness Evaluation			
EXSC 420 - Exercise Program Design			
EXSC 490 - Internship Seminar			
EXSC 497 - Internship			
KINE 147 - First Aid	PE 2254 @ COD		
KINE 247 - Functional Anatomy			
KINE 317 - Kinesiology			
BCHM 140 - Introduction to Nutrition	PE 2258 @ COD		
PSYC 255 - Research Design and Experimentation	PSYC 1180 @ COD		

Practicum/Topics

One of the following:

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

Electives

A minimum 12 credit hours from the following:

Course Name	Equivalent	Credit	Grade
EXSC 354 - Applied Nutrition			
EXSC 440 - Athletic Conditioning			
EXSC 447 - Exercise Medicine			
EXSC 450 - Exercise in Extreme Environments			
KINE 280 - Human Pathophysiology			
SMGT 220 - Sport Budgeting and Finance			
BUSN 170 - Entrepreneurship Exploration	BUSI 1161 @ COD		
CHEM 121 - General Chemistry I	CHEM 1551 @ COD		
CHEM 122 - General Chemistry II	CHEM 1552 @ COD		
PHIL 213 - Health Care Ethics	PHIL 1112 @ COD		
PHYS 131 - Physics I (Non-Calculus)	PHYS 1201 @ COD		
PHYS 132 - Physics II (Non-Calculus)	PHYS 1202 @ COD		
PSYC 235 - Lifespan Development	PSYC 2237 @ COD		
PSYC 282 - Stress and Coping			
PSYC 385 - Health Psychology			
SOCI 343 - Health, Illness and Care			

Additional Requirements for the B.S. Degree

Course Name	Equivalent	Credit	Grade
BIOL 201 - Anatomy and Physiology I	ANAT 1551 or ANAT 1571 @ COD		
BIOL 202 - Anatomy and Physiology II	ANAT 1552 or ANAT 1572 @ COD		
PSYC 250 - Statistics	MATH 1635, PSYC 2280, or SOCI 2205 @ COD		