

# Exercise Science Transfer Major - AS

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West Burlington Campus, and select courses available at the Keokuk Campus

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## Program Information

The Exercise Science and Kinesiology Transfer Major Associate of Arts Degree and Associate of Science Degree are designed for students transferring to Iowa Regents Universities to study a variety of related undergraduate majors.

Students who pursue this major will have the opportunity to learn the necessary content and skills for upper-level classes at the transfer institution and to be successful in their desired field after graduation.

Possible undergraduate majors and Bachelor's degree options:

- Athletic Training
- Diet and Exercise
- Exercise Science
- Exercise Trainer/Fitness Trainer
- Kinesiology
- Health and Human Performance
- Nutrition
- Public Health and Wellness
- Strength and Conditioning
- Athletic Coach/Scout
- Health Education Specialist

Students should become familiar with the specific course requirements of the four-year institution to which they plan to transfer as institutions vary.

The following courses are required for the Exercise Science Associate of Science Transfer Major: BIO-151, BIO-168, BIO-173, MAT-156, BIO-105 (or BIO-157), PHY-162, SDV-108, SPC-112, ENG-105, and ENG-106. The other courses are suggested and may be substituted; please consult with a Student Success Advocate.

## Instructor and Staff

Kristi Schroeder  
Dean of Nursing & Health Professions  
(319) 208-5100

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### Program Requirements

Fall Semester I		Credit
SDV-108	The College Experience	1
ENG-105	Composition I	3
SPC-112	Public Speaking	3
ZZZ-ELE	Elective Course	3
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#### Take 1 of 2 courses:

BIO-105	Introductory Biology	4
BIO-157	Human Biology	4
Semester Total.....		17

Spring Semester I		Credit
ENG-106	Composition II	3
MAT-156	Statistics	3
BIO-151	Nutrition	3
ZZZ-HUM	Humanities Course	3
PET-105	Basic Athletic Training	3
Semester Total.....		15

Fall Semester II		Credit
BIO-168	Human Anatomy and Physiology I	4
PHY-162	College Physics I	4
PET-230	Care and Prevention of Athletic Injuries	3
ZZZ-HUM	Humanities Course	3
ZZZ-SOC	Social Science Course	3
Semester Total.....		17

Spring Semester II		Credit
BIO-173	Human Anatomy and Physiology II	4
ZZZ-SOC	Social Science Course	3
ZZZ-ELE	Elective Course	3
ZZZ-CUL	Cultural Awareness Course	3
Semester Total.....		13

Program Total.....		62
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