



# Associate of Science - Exercise Science/Kinesiology

## Transfer Pathway 2024-2025 Catalog Year

This guide is subject to change and should be used in consultation with an academic advisor.

### First Year

Fall Semester		Spring Semester	
EXSC 2500 Introduction to Exercise Science	3	HLTH 1500 Lifetime Wellness/Fitness*	3
MATH 1040 or 1050 (QL)	3-4	CHEM 1210 General Chemistry I (PS)	4
ENGL 1010 Intro to Writing (EN)	3	CHEM 1215 General Chemistry Lab I	1
BIOL 1610 College Biology I	3	BIOL 2320/2325 Human Anatomy & Lab	4
BIOL 1615 College Biology I Lab	1	ENGL 2010 or ENGL 2100 (EN)	3
HLAC 2105 Prin. of Cardiorespiratory Training	1	HLAC 2110 Prin. of Strength Training	1
Total	14-15	Total	16

### Second Year

Fall Semester		Spring Semester	
HLTH 1200 First Aid and Safety*	2	EXSC 2200 Kinesiology*	3
BIOL 2420 Human Physiology	3	Program Elective	3
BIOL 2425 Human Physiology Lab	1	Humanities (HU)	3
American Institutions (AI)	3	Social Science (SS)	3
Communication (CM)	3	International & Global (IG)	3
Fine Arts (FA)	3	HLAC 2115 Principles of Flexibility	1
Total	15	Total	16

\*Indicates course specific to SUU transfer

Southern Utah University admission requirements specific to entering program/major:

- All courses must be passed with a "C-" or better to be counted in the major

# Bachelor of Science - Exercise Science

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### Third Year

Fall Semester		Spring Semester	
KIN 3060 Sports & Exercise Biomechanics	3	KIN 3050 Motor Learning	3
KIN 3065 Sports & Exercise Biomechanics Lab	1	KIN 4020 Research Methods & Stats in Ex.	3
KIN 3070 Exercise Physiology	3	KIN 4040 Exercise Testing & Prescription	3
KIN 3075 Exercise Physiology Lab	1	KIN/NFS/PE Major Upper-Division Elective	3
KIN 3080 Athletic Training & Sports Medicine	3	Elective	3
KIN 3085 Athletic Training & Sports Med Lab	1		
Elective	3		
Total	15	Total	15

### Fourth Year

Fall Semester		Spring Semester	
KIN 4030 Clinical Applications of Exercise Sci	3	KIN 4010 Methods of Sports Conditioning	3
KIN 4035 Clinical Applications of Ex. Sci Lab	1	KIN/NFS/PE Major Upper-Division Elective	3
KIN/NFS/PE Major Upper-Division Elective	3	Upper-Division Elective	3
Elective	4	Elective	3
Elective	4	Elective	3
Total	15	Total	15