

## LANSING COMMUNITY COLLEGE

### CURRICULUM GUIDE

Kinesiology/Exercise Science  
Associate in Science Degree

Curriculum Code: 0970 (Effective Fall 2009 – Summer 2014)

This degree is designed for students who intend to transfer to a four-year college or university to pursue a baccalaureate degree in this subject area. Students completing this curriculum will also satisfy the MACRAO Transfer Agreement between two-year and four-year institutions in Michigan. General education and subject area requirements vary from one college or university to another.

Prior to beginning this curriculum, students should contact the Counseling and Advising Center, Room 204, Gannon Building, telephone number (517) 483-1904, to consult with an academic advisor or counselor and obtain an appropriate transfer guide. They are also available on the web at [www.lcc.edu/transfer/guides](http://www.lcc.edu/transfer/guides). Students should also contact the school to which they will transfer for specific transfer institution requirements. (See *Transfer Information* for a list of institutions for which transfer guides are available.)

#### PREREQUISITES

Students should see *Course Descriptions* or *Course Offerings* for course prerequisite information. See the *Assessment and Placement Testing* section for skills assessment and advising information.

#### INFORMATION

Contact the Physical Fitness and Wellness Department, Gannon Building, Room 351, telephone number (517) 483-1227 (Website: [www.lcc.edu/pfw/](http://www.lcc.edu/pfw/)) or Counseling and Advising Center, Gannon Building, Room 204, telephone number (517) 483-1904.

#### REQUIREMENTS

| CODE     | TITLE                       | TOTAL: 41 CREDITS<br>CREDIT HOURS |
|----------|-----------------------------|-----------------------------------|
| BIOL 201 | Human Anatomy               | 4                                 |
| BIOL 202 | Human Physiology            | 4                                 |
| CHEM 151 | General Chemistry Lecture I | 4                                 |
| CHEM 161 | General Chemistry Lab I     | 1                                 |
| EMTA 100 | Medical First Responder     | 4                                 |
| MATH 122 | Precalculus II              | 4                                 |
| PFFT 100 | Total Fitness A             | 2                                 |
| PFHW 163 | Healthy Lifestyles          | 2                                 |
| PFKN 170 | Foundations of Kinesiology  | 2                                 |
| PFKN 250 | Measurements in Kinesiology | 3                                 |
| PFKN 260 | Growth and Motor Behavior   | 3                                 |
| PHYS 221 | Introductory Physics I      | 4                                 |
| PSYC 200 | Introduction to Psychology  | 4                                 |

**LIMITED CHOICE REQUIREMENTS****TOTAL: 22–36 CREDITS**Complete the indicated number of credits from **EACH CHOICE** listed below.**CHOICE 1: General Education MACRAO Requirements** **12 Credits**(See *Transfer Information/MACRAO Transfer Agreement* for approved courses in each area.)

|                                      |   |
|--------------------------------------|---|
| English Composition (see Note 1)     | 0 |
| Science and Mathematics (see Note 2) | 0 |
| Social Science (see Notes 3 and 4)   | 4 |
| Humanities (see Note 3)              | 8 |

**CHOICE 2: General Education Core Requirements** **0–8 Credits**(See *General Education Core Requirements* for information on how to fulfill these requirements.

Core area proficiency exams, where appropriate, are available for each core area. Meeting Core with a proficiency test may require additional MACRAO credits.)

|  |     |
|--|-----|
| Communication Core Area (see Note 3)                     | 0–4 |
| Global Perspectives and Diversity Core Area (see Note 3) | 0–4 |
| Mathematics Core Area (see Note 2)                       | 0   |
| Science Core Area (see Note 2)                           | 0   |
| Writing Core Area (see Note 1)                           | 0   |

**CHOICE 3: Writing** (Complete one course from each subchoice) **8 Credits****Subchoice 3A**

|          |                      |   |
|----------|----------------------|---|
| WRIT 121 | Composition I        | 4 |
| WRIT 131 | Honors Composition I | 4 |

**Subchoice 3B**

|          |                                |   |
|----------|--------------------------------|---|
| ENGL 122 | Writ About Literature & Ideas  | 4 |
| ENGL 132 | Honors Writ–Literature & Ideas | 4 |
| WRIT 122 | Composition II                 | 4 |
| WRIT 132 | Honors Composition II          | 4 |

**CHOICE 4: Related Courses** (Complete a minimum of **0–3 credits** from subchoice 4A and a minimum of **2 credits** from subchoice 4B) **2–8 Credits****Subchoice 4A**

|          |   |   |
|----------|---|---|
| PFWH 123 | Human Nutrition                           | 3 |
| PFKN 106 | Aerobic Instructor Training               | 3 |
| PFKN 210 | Athletic Training Principles (see Note 5) | 3 |

**Subchoice 4B**

|                              |   |
|------------------------------|---|
| Activity Course (see Note 6) | 2 |
|------------------------------|---|

**MINIMUM TOTAL** **63****NOTES:**

1. Students completing CHOICE 3 have fulfilled the requirements for these Core and MACRAO areas.
2. Students completing “REQUIREMENTS” have fulfilled the requirements for these Core and MACRAO areas.
3. Certain Core courses may also be used to meet MACRAO requirements. See the *Transfer Information/LCC Core–MACRAO Crosswalk* for suggested courses.
4. Students completing “REQUIREMENTS” have partially fulfilled the requirement for this MACRAO area.
5. Students pursuing an Athletic Training Specialization should also complete this course.
6. Transfer Kinesiology majors should complete one activity course with code PFAQ, PFFT, PFSP, or PFWT.

## SUGGESTED COURSE SEQUENCE

Students should see course descriptions to find out when departments plan to offer courses. Students who are unable to follow the course sequence suggested below (for example, those who are part-time, have transferred in courses from another school, or have prerequisites to fulfill) should contact an academic advisor or counselor for help with adjustments.

The following is a suggested course sequence for required courses. If you are unable to follow this sequence, contact an academic advisor or counselor for help with adjustments.

| I               | II       | III         | IV          |
|-----------------|----------|-------------|-------------|
| CHEM 151        | BIOL 201 | BIOL 202    | PFKN 250    |
| CHEM 161        | EMTA 100 | MATH 122    | PHYS 221    |
| PFKN 170        | PFFT 100 | PFKN 260    | PSYC 200    |
| Activity Course | PFWW 163 | Lim. Ch. 3A | Lim. Ch. 3B |