

LANSING COMMUNITY COLLEGE

CURRICULUM GUIDE

Kinesiology/Exercise Science
Associate in Science Degree

Curriculum Code: 0970 (Effective Fall 2011 – Summer 2016)

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 Academic Advising Department, Room 212, Gannon Building, telephone number (517) 483-1904, to consult with an academic advisor and obtain an appropriate transfer guide. They are also available on the web at 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/) or the Academic Advising Department, Gannon Building, Room 212, telephone number (517) 483-1904.

REQUIREMENTS

CODE	TITLE	TOTAL: 38 CREDITS 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
MATH 122	Precalculus II	4
PFFT 100	Total Fitness A	2
PFWW 163	Healthy Lifestyles	2
PFCN 170	Foundations of Kinesiology	3
PFCN 250	Measurements in Kinesiology	3
PFCN 260	Growth and Motor Behavior	3
PHYS 221	Introductory Physics I	4
PSYC 200	Introduction to Psychology	4

LIMITED CHOICE REQUIREMENTS

TOTAL: 22-33 CREDITS

Complete the indicated number of credits from **EACH CHOICE** listed below.

CHOICE 1: General Education MACRAO Requirements	12 Credits
<i>(See Transfer Information/MACRAO Transfer Agreement for approved courses in each area.)</i>	
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
<i>(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.)</i>	
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)	2–5 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	60

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. Kinesiology majors must complete two credits of activity courses 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 for any reason 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 for help with adjustments.

I	II	III	IV
CHEM 151	BIOL 201	BIOL 202	PFKN 250
CHEM 161	PFFT 100	MATH 122	PHYS 221
PFKN 170	PFWH 163	PFKN 260	PSYC 200
Lim. Ch. 1	Lim.Ch.1	Lim. Ch. 3A	Lim. Ch. 3B
Lim.Ch.4B		Lim.Ch.1	