

LANSING COMMUNITY COLLEGE

CURRICULUM GUIDE

Kinesiology/Exercise Science
Associate in Applied Science Degree

Curriculum Code: 1639 (Effective Fall 2014 – Summer 2019)

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 satisfy the Michigan 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. Students are also prepared to pursue entry level employment in the areas of recreation, fitness, and health careers. Opportunities for internship, Group Exercise Certification, and Personal Training certification are available.

Prior to beginning this curriculum, students should contact the Academic Advising Department, Room 200, Gannon Building, telephone number (517) 483-1904, to consult with an academic advisor to research appropriate transfer information. Students should also contact the school to which they will transfer for specific transfer institution requirements. (See www.lcc.edu/transfer/guides/ for the transfer program guides that are available.)

PREREQUISITES

Students should see [Course Descriptions](#) for course prerequisite information. See [Academic Assessment and Placement Testing for Student Success](#) for skills assessment and advising information.

INFORMATION

Contact the Fitness and Wellness Programs, Health and Human Services Building, Room 108, telephone number (517) 483-1410 (Website: www.lcc.edu/pfw/) or the Academic Advising Department, Gannon Building, Room 200, telephone number (517) 483-1904.

REQUIREMENTS (See Notes 1 and 2)

CODE	TITLE	TOTAL: 34 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 – Fitness	2

PFHW 163	Healthy Lifestyles	2
PFKN 170	Foundations of Kinesiology	3
PFKN 250	Measurements in Kinesiology	3
PFKN 260	Growth and Motor Behavior	3
PSYC 200	Introduction to Psychology	4

LIMITED CHOICE REQUIREMENTS

MINIMUM: 26 CREDITS

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

CHOICE 1: General Education Michigan Transfer Agreement Requirements 15–20 Credits

(See LCC’s [Michigan Transfer Agreement](#) for approved courses in each area. A minimum total of 30 credits of coursework is needed to fulfill MTA requirements. MTA coursework should be verified by an advisor. Some of the areas below are partially or totally fulfilled by *REQUIREMENTS* of this curriculum.)

- A. **English Composition:** One course 4
- B. **English Composition** (second course) **or Communications:** One course 3–4
- C. **Humanities and Fine Arts:** A total of 2 courses, each from a different discipline 5–8
- D. **Mathematics:** One course in Quantitative Reasoning, College Algebra or Statistics (See Note 3) 0
- E. **Natural Sciences:** A total of 2 courses, each from a different discipline, one must be a lab course (See Note 4) 0
- F. **Social Sciences:** A total of 2 courses, each from a different discipline (See Note 5) 3–4

CHOICE 2: Professional Related Courses

6–11 Credits

PFHW 123	Human Nutrition	3
PFKN 105	Psychology of Coaching	1
PFKN 106	Group Fitness Instructor Prep	3
PFKN 200	Exercise Physiology	3
PFKN 205	Sport & Exercise Psychology	3
PFKN 208	Biomechanics	3
PFKN 210	Athletic Training Principles (See Note 6)	3
PFKN 265	Exercise–Diverse Populations	3
PFKN 270	Personal Trainer Preparation	4
PFKN 280	Kinesiology Internship	3
PFXX ###	Activity Course (See Note 7)	2
PHYS 221	Introductory Physics I	4

MINIMUM TOTAL

60

NOTES:

1. All students are encouraged to contact their transferring institution to get specific curriculum prerequisites and determine transferability.
2. Prospective Michigan State University students must achieve a 2.0 in BIOL 201, BIOL 202, CHEM 151, CHEM 161, MATH 122, and PHYS 221 to qualify for admission to MSU's Kinesiology Program.
3. Students completing MATH 122 have fulfilled MTA Mathematics.
4. Students completing BIOL 201/202 and CHEM 151/161 have fulfilled MTA Natural Sciences.
5. Students completing PSYC 200 have fulfilled one of the course requirements for MTA Social Sciences. Choose a different discipline for the second course.
6. Students pursuing an Athletic Training Specialization should complete this course.
7. A maximum of two credits of activity courses with code PFAQ, PFFT, PFSP, or PFWT may be used.

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	PSYC 200
PFKN 170	PFHW 163	PFKN 260	Lim.Ch.1
Lim.Ch.1	Lim.Ch.1	Lim.Ch.1	Lim.Ch.2
Lim.Ch.2	Lim.Ch.2	Lim.Ch.1	Lim.Ch.2