

LANSING COMMUNITY COLLEGE

**Health & Public Services**

**Curriculum Code:  
1639 (Effective  
Fall 2017 –  
Summer 2019)**

**Kinesiology/Exercise Science A.A.S. Pathway**

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 Michigan Transfer Agreement (MTA) between two-year and four-year institutions in Michigan and qualify for a Transfer Studies Certificate of Achievement (1482).

- General Education - MTA: MINIMUM: 30 credits  
 Complete General Education - MTA Requirements for the Associate of Arts Degree
- A. English Composition: One course
  - B. English Composition (second course) or Communication: One course
  - C. Humanities and Fine Arts: A total of 2 courses, each from a different discipline
  - D. Mathematics: One course from Quantitative Reasoning, College Algebra or Statistics
  - E. Natural Sciences: A total of 2 courses, each from a different discipline; one must be a lab course
  - F. Social Science: A total of 2 courses, each from a different discipline

Students interested in this program of study must refer to the [Health and Human Services Division website](#) for specific details.

<b>Semester I FALL</b>	<b>Course Title</b>	<b>Prerequisites</b>	<b>Credit/ Billing Hours</b>
<b>General Education - Area A. English Composition - <i>Select 1</i></b>			
ENGL 121 <i>(formerly WRIT 121)</i>	Composition I	Reading Level 5 and Writing Level 6	4 / 4
ENGL 131 <i>(formerly WRIT 131)</i>	Honors Composition I	Reading Level 5 and Writing Level 7	4 / 4

<b>General Education - Area D. Mathematics - <i>Select 1</i></b>			
MATH 120	College Algebra	(Minimum 2.0 in MATH 109 or MATH 112 within 2 years or Math Level 6 within 2 years) and Reading Level 5 and Writing Level 4	4 / 4
MATH 121	Precalculus I	(Minimum 2.5 in MATH 109 or MATH 112 within 2 years or Math Level 6 within 2 years) and Reading Level 5 and Writing Level 4	4 / 4
MATH 122	Precalculus II	(Minimum 2.0 in MATH 121 within 2 years or Math Level 7 within 2 years) and Reading Level 5 and Writing Level 4	4 / 4
MATH 151	Calculus I	(Minimum 2.0 in MATH 122 within 2 years or Math Level 9 within 2 years) and Reading Level 5 and Writing Level 6	4 / 4
<b>Program of Study Requirements</b> <i>For CHEM, select either the A courses or the B courses.</i> <i>One of the courses may be used for the General Education - Area E. Natural Sciences requirement. Students planning to transfer to the GVSU Clinical Exercise Science curriculum are encouraged to complete the B courses.</i> <i>All students must take PFKN 170.</i>			
CHEM 151 <b>A</b>	General Chemistry Lecture I	Reading Level 5 and Writing Level 6 and (Math Level 6 or MATH 109 concurrently or MATH 112 concurrently)	4 / 4
CHEM 161 <b>A</b>	General Chemistry Lab I	Minimum 2.0 in CHEM 151 or concurrently and Reading Level 5 and Writing Level 6 and (Math Level 6 or MATH 112 concurrently)	1 / 3
CHEM 182 <b>B</b>	Introductory Organic Chemistry	Reading Level 5 and Writing Level 6	3 / 3
CHEM 192 <b>B</b>	Intro Organic Chem Lab	Prerequisite: Reading Level 5 and Writing Level 6	1 / 3
PFKN 170	Foundations of Kinesiology	Reading Level 5 and Writing Level 6	3 / 3

<b>Professional Related Electives - <i>Select 1</i></b> <i>Courses may not be duplicated.</i>			
PFHW 123	Human Nutrition	Reading Level 5 and Writing Level 6	3 / 3
PFKN 205	Sport & Exercise Psychology	Reading Level 5 and Writing Level 6	3 / 3
PFXX ###	Activity Course	A maximum of two credits of activity courses not already used with code PFFT or PFWT may be used.	2 / 2
<b>Credits</b>			<b>17-19 / 19-21</b>
<b>Semester II SPRING</b>	<b>Course Title</b>	<b>Prerequisites</b>	<b>Credit/Billing Hours</b>
<b>Program of Study Requirements</b> <i>BIOL 201 also meets the requirement for a course in General Education - Area E. Natural Sciences. PSYC 200 also meets the requirement for a course in General Education - Area F. Social Science.</i>			
BIOL 201	Human Anatomy	Reading Level 5 and Writing Level 6 and Math Level 4	4 / 6
PFFT 100	Total Fitness A - Fitness	None	2 / 3
PFHW 163	Healthy Lifestyles	Reading Level 5 and Writing Level 6	2 / 3
PSYC 200	Introduction to Psychology	Reading Level 5 or AASD 105 concurrently	4 / 4
<b>Professional Related Electives - <i>Select 1</i></b> <i>Courses may not be duplicated.</i>			
PFHW 123	Human Nutrition	Reading Level 5 and Writing Level 6	3 / 3
PFKN 106 <i>Offered Spring semester only</i>	Group Fitness Instructor Prep	Reading Level 5 and Writing Level 4	3 / 4
PFKN 205	Sport & Exercise Psychology	Reading Level 5 and Writing Level 6	3 / 3
PFKN 210 <i>Offered Spring semester only</i>	Athletic Training Principles	Reading Level 5 and Writing Level 6	3 / 4
<b>Credits</b>			<b>15 / 19-20</b>

<b>SUMMER</b>	Students may take Summer courses to reduce the credit load in another semester		
<b>Semester III FALL</b>	<b>Course Title</b>	<b>Prerequisites</b>	<b>Credit/Billing Hours</b>
<b>General Education - Area B. English Composition II or Communications - <i>Select 1</i></b>			
ENGL 122 <i>(WRIT 122 equivalent)</i>	Composition II	Minimum 2.0 in ENGL 121 (formerly WRIT 121) or ENGL 131 (formerly WRIT 131) or (Reading Level 5 and Writing Level 8)	4 / 4
ENGL 132 <i>(WRIT 132 equivalent)</i>	Honors Composition II	Minimum 3.5 in ENGL 121 (formerly WRIT 121) or ENGL 131 (formerly WRIT 131) or Reading Level 5 and Writing Level 8	4 / 4
<b>General Education - Area C. Humanities and Fine Arts - <i>Select 1</i></b>			
HUMS 213	World Civilizations to 1600	Reading Level 5 and Writing Level 6	4 / 4
HUMS 214	World Civilizations from 1600	Reading Level 5 and Writing Level 6	4 / 4
PHIL 152	Introduction to Ethics	Reading Level 5 and Writing Level 6	4 / 4
PHIL 153	Knowledge and Reality	Reading Level 5 and Writing Level 6	4 / 4
<b>Program of Study Requirements</b>			
BIOL 202	Human Physiology	Minimum 2.0 in BIOL 201 or concurrently and Reading Level 5 and Writing Level 6 and (Math Level 5 or minimum 2.0 in MATH 109 or STAT 170 or concurrent enrollment in MATH 119)	4 / 5
PFKN 260	Growth and Motor Behavior	Reading Level 5 and Writing Level 6	3 / 3

<b>Professional Related Electives - <i>Select 1</i></b> <i>Courses may not be duplicated.</i>			
PFHW 123	Human Nutrition	Reading Level 5 and Writing Level 6	3 / 3
PFKN 205	Sport and Exercise Psychology	Reading Level 5 and Writing Level 6	3 / 3
PFKN 208 <i>Offered in Fall semester only</i>	Biomechanics	Minimum 2.0 in (BIOL 145 or (BIOL 201 and BIOL 202)) and Reading Level 5 and Writing Level 6 and Math Level 4	3 / 3
PFKN 265 <i>Offered in Fall semester only</i>	Exercise-Diverse Populations	Minimum 2.0 in (BIOL 145 or (BIOL 201 and BIOL 202)) and Reading Level 5 and Writing Level 6	3 / 3
PFKN 270 <i>Offered in Fall semester only</i>	Personal Trainer Preparation	Minimum 2.0 in BIOL 145 or (BIOL 201 and BIOL 202) and Reading Level 5 and Writing Level 6 and Math Level 4	4 / 5
<b>Credits</b>			<b>18-19 / 19-21</b>
<b>Semester IV SPRING</b>	<b>Course Title</b>	<b>Prerequisites</b>	<b>Credit/Billing Hours</b>
<b>General Education - Area F. Social Science - <i>Select 1</i></b>			
COMM 280	Intercultural Communication	Reading Level 5 and Writing Level 6	3 / 3
SOCL 120	Introduction to Sociology	Reading Level 5 or AASD 105 concurrently	4 / 4
<b>General Education - Area C. Humanities and Fine Arts - <i>Select 1</i></b> <i>Course must be from a different alpha course code than selected in Semester III</i>			
HUMS 213	World Civilizations to 1600	Reading Level 5 and Writing Level 6	4 / 4
HUMS 214	World Civilizations from 1600	Reading Level 5 and Writing Level 6	4 / 4
PHIL 151	Intro to Logic & Critical Think	Reading Level 5	4 / 4
PHIL 152	Introduction to Ethics	Reading Level 5 and Writing Level 6	4 / 4
PHIL 153	Knowledge and Reality	Reading Level 5 and Writing Level 6	4 / 4

<b>Program of Study Requirements</b>			
PFKN 250	Measurements in Kinesiology	Reading Level 5 and Writing Level 6 and Math Level 3	3 / 4
<b>Professional Related Electives - <i>Select 1</i></b> <i>Courses may not be duplicated.</i>			
PFHW 123	Human Nutrition	Reading Level 5 and Writing Level 6	3 / 3
PFKN 106 <i>Offered Spring semester only</i>	Group Fitness Instructor Prep	Reading Level 5 and Writing Level 4	3 / 4
PFKN 200 <i>Offered Spring semester only</i>	Exercise Physiology	Minimum 2.0 in (BIOL 145 or (BIOL 201 and BIOL 202) or concurrently) and Reading Level 5 and Writing Level 6 and Math Level 3	2 / 3
PFKN 205	Sport & Exercise Psychology	Reading Level 5 and Writing Level 6	3 / 3
PFKN 210 <i>Offered Spring semester only</i>	Athletic Training Principles	Reading Level 5 and Writing Level 6	3 / 4
<b>Credits</b>			<b>12-14 / 14-16</b>
<b>Total Credits</b>			<b>62-67 / 71-78</b>