

LANSING COMMUNITY COLLEGE

Health & Public Services

Curriculum Code: 1639
(Effective Fall 2018 –
Summer 2020)

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 an LCC 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

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.

For More Information

Contact the Kinesiology/Professional Fitness Leader Program, Health and Human Services Building, Room 108, telephone number (517) 483-1410, or the Academic Advising Department, Gannon Building - StarZone, telephone number (517) 483-1904.

Semester I Fall	Course Title	Prerequisites	Credit/Billing Hours
General Education - Area A. English Composition - <i>Select 1</i>			
ENGL 121	Composition I	Reading Level 5 and Writing Level 6 or (Reading Level 4 and Writing Level 4 and ENGL 099 concurrently)	4 / 4
ENGL 131	Honors Composition I	Reading Level 5 and Writing Level 7	4 / 4

General Education - Area D. Mathematics - <i>Select 1</i>			
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 (SAT Math 550 or ACT Math 22 or CPT College Level Math 55) 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 or MATH 126) within 2 years or Math Level 9 within 2 years) and Reading Level 5 and Writing Level 6	4 / 4
Program of Study Requirements - <i>Select 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.</i> <i>Students planning to transfer to the GVSU Clinical Exercise Science curriculum are encouraged to complete B.</i>			
CHEM 151 A	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 A	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 109 concurrently or MATH 112 concurrently)	1 / 3
CHEM 182 B	Introductory Organic Chemistry	Reading Level 5 and Writing Level 6	3 / 3
CHEM 192 B	Intro Organic Chem Lab	Minimum 2.0 in CHEM 182 or concurrently and Reading Level 5 and Writing Level 6	1 / 3

Program of Study Requirements			
PFKN 170	Foundations of Kinesiology	Reading Level 5 and Writing Level 6	3 / 3
<p align="center">Electives - <i>Select from the list of electives at the end of this pathway.</i></p> <p align="center"><i>Students may take electives during any semester and must complete a minimum of 6-8 elective credits to reach a minimum of 60 credits total required for this degree.</i></p>			
			Credits
			15-16 / 17-18 + Electives
Semester II Spring	Course Title	Prerequisites	Credit/Billing Hours
Program of Study Requirements			
<p align="center"><i>BIOL 201 also satisfies one of the two courses needed for the General Education – Area E. Natural Sciences requirement.</i></p> <p align="center"><i>PSYC 200 also satisfies one of the two courses needed for the General Education – Area F. Social Science requirement.</i></p>			
BIOL 201	Human Anatomy	Reading Level 5 and Writing Level 6 and (Math Level 4 or Minimum 2.0 in MATH 105 or MATH 106)	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 (ENGL 098 or ENGL 099 concurrently)	4 / 4
<p align="center">Electives - <i>Select from the list of electives at the end of this pathway.</i></p> <p align="center"><i>Students may take electives during any semester and must complete a minimum of 6-8 elective credits to reach a minimum of 60 credits total required for this degree.</i></p>			
			Credits
			12 / 16 + Electives
Optional Semester Summer	Students may take Summer courses to reduce the credit load in another semester.		

Semester III Fall	Course Title	Prerequisites	Credit/Billing Hours
General Education - Area B. English Composition II or Communications - <i>Select 1</i>			
ENGL 122	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	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
General Education - Area C. Humanities and Fine Arts - <i>Select 1</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 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
Program of Study Requirements			
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
Electives - <i>Select from the list of electives at the end of this pathway.</i> <i>Students may take electives during any semester and must complete a minimum of 6-8 elective credits to reach a minimum of 60 credits total required for this degree.</i>			
Credits			15 / 16 + Electives

Semester IV Spring	Course Title	Prerequisites	Credit/Billing Hours
General Education - Area F. Social Science - <i>Select 1</i>			
COMM 280	Intercultural Communication	Reading Level 5 and Writing Level 6	3 / 3
SOCL 120	Introduction to Sociology	Reading Level 5 or (Reading Level 4 and ENGL 099 concurrently)	4 / 4
General Education - Area C. Humanities and Fine Arts - <i>Select 1</i> <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
Program of Study Requirements			
PFKN 250	Measurements in Kinesiology	Reading Level 5 and Writing Level 6 and Math Level 3	3 / 4
Credits			10-11 / 11-12

Various Semesters	Course Title	Prerequisites	Credit/Billing Hours
Electives - <i>Select a minimum of 6-8 credits</i>			
<i>Students take electives from this area during any semester and must complete a minimum of 6-8 elective credits to reach a minimum of 60 credits total required for this degree.</i>			
PFWW 123	Human Nutrition	Reading Level 5 and Writing Level 6	3 / 3
PFKN 106 <i>Spring semester only</i>	Group Fitness Instructor Prep	Reading Level 5 and Writing Level 4	3 / 4
PFKN 200 <i>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 208 <i>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 210 <i>Spring semester only</i>	Athletic Training Principles	Reading Level 5 and Writing Level 6	3 / 4
PFKN 265 <i>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>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
PFXX ###	Activity Course <i>A maximum of two credits of activity courses not already used with code PFFT or PFWT may be used.</i>	Determined by Course Selected	1-2 / 2-3
Credits			6-8 / 6-11
Total Credits			60 / 68-71