



Kinesiology/Exercise Science A.A.S.

Curriculum Code: 1639

Effective: Fall 2019 – Summer 2021

Description

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 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.

Additional Information

Students planning to transfer to the GVSU Clinical Exercise Science curriculum are encouraged to take CHEM 182 and 192.

Contact 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.

General Education MTA Courses, Recommended Choices

(For the full list of options, see [Michigan Transfer Agreement](#))

- English Composition – *Select one*
ENGL 121, Composition I, 4 credits / 4 billing hours
ENGL 131, Honors Composition I, 4 credits / 4 billing hours

- English Composition (second course) or Communication – *Select one*
COMM 110, Communication in the Workplace, 3 credits / 3 billing hours
COMM 120, Dynamics of Communication, 3 credits / 3 billing hours
COMM 130, Fund of Public Speaking, 3 credits / 3 billing hours
ENGL 122, Composition II, 4 credits / 4 billing hours
ENGL 132, Honors Composition II, 4 credits / 4 billing hours

- Humanities and Fine Arts – *Select two, each from a different discipline*
HUMS 213, World Civilizations to 1600, 4 credits / 4 billing hours
HUMS 214, World Civilizations from 1600, 4 credits / 4 billing hours
PHIL 151, Intro to Logic & Critical Think, 4 credits / 4 billing hours
PHIL 152, Introduction to Ethics, 4 credits / 4 billing hours
PHIL 153, Knowledge and Reality, 4 credits / 4 billing hours

- Mathematics – *Select one*
 MATH 120, College Algebra, 4 credits / 4 billing hours
 MATH 121, Precalculus I, 4 credits / 4 billing hours
 MATH 122, Precalculus II, 4 credits / 4 billing hours
 MATH 151, Calculus I, 4 credits / 4 billing hours
 STAT 170, Introduction to Statistics, 4 credits / 4 billing hours
- Natural Sciences
 Program of Study Required Courses will meet this requirement.
- Social Science – *Select one from a discipline other than PSYC*
 COMM 280, Intercultural Communication, 3 credits / 3 billing hours
 SOCL 120, Introduction to Sociology, 4 credits / 4 billing hours

Program of Study Required Courses

| Course Code | Course Title | Credit / Billing Hours |
|-------------|-----------------------------|------------------------|
| BIOL 201 | Human Anatomy | 4 / 6 |
| BIOL 202 | Human Physiology | 4 / 5 |
| PFFT 100 | Total Fitness A-Fitness | 2 / 3 |
| PFHW 163 | Healthy Lifestyles | 2 / 3 |
| PFKN 170 | Foundations of Kinesiology | 3 / 3 |
| PFKN 250 | Measurements in Kinesiology | 3 / 4 |
| PFKN 260 | Growth and Motor Behavior | 3 / 3 |
| PSYC 200 | Introduction to Psychology | 4 / 4 |

Program of Study Required Courses, Limited Choice - Chemistry – *Select one*

| Course Code | Course Title | Credit / Billing Hours |
|------------------|--|------------------------|
| CHEM 151 and 161 | General Chemistry Lecture and Lab I | 5 / 7 (total) |
| CHEM 182 and 192 | Introductory Organic Chemistry and Lab | 4 / 6 (total) |

Program of Study Required Courses, Limited Choice – *Select courses as needed to reach the minimum of 60 credits required for this degree.*

| Course Code | Course Title | Credit / Billing Hours |
|------------------|-------------------------------------|--------------------------|
| PFFT or PFWT XXX | activity courses | 1-2 / 2-3 (2 credit max) |
| PFHW 123 | Human Nutrition | 3 / 3 |
| PFKN 106 | Group Fitness Instructor Prep | 3 / 4 |
| PFKN 200 and 201 | Exercise Physiology Lecture and Lab | 4 / 5 (total) |
| PFKN 205 | Sport & Exercise Psychology | 3 / 3 |
| PFKN 208 | Biomechanics | 3 / 3 |
| PFKN 210 | Athletic Training Principles | 3 / 4 |
| PFKN 265 | Exercise-Diverse Populations | 3 / 3 |
| PFKN 270 | Personal Trainer Preparation | 4 / 5 |

Total Credit Hours

60-62 credits / 68-70 billing hours

Recommended Course Sequence

| Semester I (Fall) | Semester II (Spring) |
|--|--|
| MTA English Composition MTA Mathematics PFKN 170 Limited Choice - Chemistry | BIOL 201 PFFT 100 PFHW 163 PSYC 200 Limited Choice |

| Semester III (Fall) | Semester IV (Spring) |
|--|--|
| MTA English Comp (2nd course) or Communication MTA Humanities and Fine Arts BIOL 202 PFKN 260 Limited Choice | MTA Humanities and Fine Arts MTA Social Science PFKN 250 |