



# Associate of Science - Exercise Science/Kinesiology

## Transfer Pathway 2023-24 Catalog Year

This guide is subject to change and should be used in consultation with an academic advisor.

### First Year

| Fall Semester   |     | Spring Semester                                      |          |
|---|-----|--|----------|
| EXSC 2500 Introduction to Exercise Science              | 3   | NUTR 1020 Scientific Foundations of Human Nutrition* | 3        |
| MATH 1050 College Algebra*                              | 3-4 | CHEM 1210 General Chemistry I (PS)                   | 4        |
| ENGL 1010 Intro to Writing (EN)                         | 3   | CHEM 1215 General Chemistry Lab I (PS)               | 1        |
| BIOL 1610 College Biology I (LS)                        | 3   | BIOL 2320 Human Anatomy                              | 4        |
| BIOL 1615 College Biology I Lab (LS)                    | 1   | BIOL 2325 Human Anatomy Lab                          | 0        |
| HLAC 2105 Principles of Cardiorespiratory Training (LW) | 1   | ENGL 2100 Technical Writing (EN)                     | 3        |
|   |     | HLAC 2110 Principles of Strength Training            | 1        |
| Total   |     | 14-15  | Total 16 |

### Second Year

| Fall Semester                         |   | Spring Semester                     |          |
|---------------------------------------|---|-------------------------------------|----------|
| EXSC 2600 Sport and American Society* | 3 | EXSC 2200 Kinesiology*              | 3        |
| BIOL 2420 Human Physiology            | 3 | EXSC 2250 Exercise Physiology*      | 3        |
| BIOL 2425 Human Physiology Lab        | 1 | Humanities (HU)                     | 3        |
| American Institutions (AI)            | 3 | Social Science (SS)                 | 3        |
| Communication (CM)                    | 3 | International & Global (IG)         | 3        |
| Fine Arts (FA)                        | 3 | HLAC 2115 Principles of Flexibility | 1        |
| Total                                 |   | 16                                  | Total 16 |

\*Indicates course specific to U of U transfer

University of Utah graduation requirements specific to the program/major:

- All required course work must be complete with a "C-" or better
- Health Promotion & Education and Kinesiology courses used toward major requirements may not be more than 7 years old.

# Bachelor of Science - Health and Kinesiology

## Kinesiology Emphasis

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### Third Year

| Fall Semester                  |     | Spring Semester                             |          |
|--------------------------------|-----|---|----------|
| Statistics Course              | 3-4 | KINES 3670 Physical Activity Epidemiology   | 3        |
| KINES 3093 Biomechanics        | 3   | KINES 4465 Exercise Programming: Assessment | 3        |
| KINES 3350 Exercise Psychology | 3   | ESSF Course                                 | 2        |
| KINES 3550 or 3551             | 3   | Program Elective                            | 3        |
| Program Elective               | 3   | General Electives                           | 6        |
| Total                          |     | 15-16                                       | Total 17 |

### Fourth Year

| Fall Semester                   |   | Spring Semester                 |             |
|---------------------------------|---|---------------------------------|-------------|
| KINES 4670 Aging and Exercise   | 3 | KINES 4900 or 4810              | 4-6         |
| Upper-Division Program Elective | 3 | Upper-Division Program Elective | 3           |
| Upper-Division Program Elective | 3 | Upper-Division Program Elective | 3           |
| Upper-Division General Elective | 3 | Upper-Division General Elective | 3           |
| General Elective                | 3 |                                 |             |
| Total                           |   | 15                              | Total 13-15 |