

**Program Description**

The Exercise Science Transfer Pathway Associate of Science (AS) degree program offers students a powerful option: the opportunity to complete an Associate of Science degree with course credits that directly transfer to designated Exercise Science bachelor's degree programs at Minnesota State universities. The curriculum has been specifically designed so that students completing this pathway degree and transferring to one of the six Minnesota State universities enter the university with junior-year status. All courses in the Transfer Pathway associate degree will directly transfer and apply to the designated bachelor's degree programs in a related field.

**Minnesota State Universities - Designated Degrees**

- Bemidji State University: Exercise Science BS
- Minnesota State University, Mankato: Exercise Science BS
- Minnesota State University, Moorhead: Exercise Science BS
- Southwest Minnesota State University: Exercise Science BS
- St. Cloud State University: Exercise Science BS
- Winona State University: Exercise and Rehabilitative Science BS, Health and Wellness Management BAS

**Program Goals**

By completing this program, students will achieve the following learning goals:

1. Demonstrate knowledge of the major components of physical fitness;
2. Describe the roles and functions of the musculoskeletal, cardiorespiratory, and nervous systems in the performance of physical movement;
3. Describe and demonstrate assessment techniques and methods for cardiovascular and muscular strength and endurance;
4. Demonstrate ability to design and modify exercise training programs; and
5. Demonstrate ability to identify and assess factors to support optimal performance and injury prevention.

**Required Courses: 60 Total Credits**

<input type="checkbox"/> HPER 1103	First Aid and CPR.....	3
<input type="checkbox"/> HPER 1112	Nutrition.....	3
<input type="checkbox"/> HPER 1120	Wellness for Life.....	4
<input type="checkbox"/> HPER 1160*	Weight Training and Conditioning.....	0
<input type="checkbox"/> HPER 1200	Anatomy of Movement.....	2
<input type="checkbox"/> HPER 1205	Introduction to Exercise Science.....	2
<input type="checkbox"/> HPER 2205	Prevention and Care of Athletic Injuries.....	2
<input type="checkbox"/> HPER 2206	Exercise Physiology.....	4
<input type="checkbox"/> HPER 2207♦	Fitness Testing and Exercise Prescription.....	2
<input type="checkbox"/> HPER 2208^	Concepts in Personal Training.....	2

\**HPER 1160 is taken in conjunction with HPER 1120 and will count into the four credits for that class.*

Complete at least 36 credits in courses from the Minnesota Transfer Curriculum (MnTC), including all courses listed. You must complete goal areas one through five and seven. One course may satisfy more than one goal area, but the course credits may be counted only once.

- 1. Communication
  - ENGL 1120♦ **OR** ENGL 1121♦ ..... 4
  - CMST 2215 ..... 3
- 2. Critical Thinking
  - Choose a minimum of one course other than ENGL 1120/1121♦ and CMST 2215
- 3. Natural Science
  - BIOL 1106 ..... 4
  - CHEM 1020♦ or CHEM 1061♦ ..... 4
  - BIOL 2113♦ ..... 4
  - ~prerequisite not required beginning Spring 2024*
  - BIOL 2114♦ ..... 4
- 4. Mathematical/Logical Reasoning
  - MATH 1114♦ ..... 4
- 5. History/Social/Behavioral Sciences
  - PSYC 1110 ..... 4
  - Choose one course from A or C..... 3
  - A. Economics/Geography
  - C. History/Political Science
- 6. Humanities/Fine Arts
- 7. Human Diversity  
*(met by PSYC 1110)*
- 8. Global Perspective
- 9. Ethical/Civic Responsibility
- 10. People and the Environment

**Pathway Plan**

The following two-year Pathway Plan is suggested for full-time students. Part-time students will need more time to complete this pathway. For assistance with pathway planning, students should schedule an appointment with an academic advisor. See also the college catalog Appendix for course offering information.

♦ *Course has prerequisite - see course schedule or catalog description.*

^ *Course requires Instructor permission.*

NOTE: You are encouraged to contact an academic advisor at 763-433-1230 for course planning assistance and information about transfer credit evaluation and transfer options.

(continued)

2023-2024

## Exercise Science Transfer Pathway

Associate of Science (AS) Degree

### Semester One (14 Credits)

- CHEM 1020♦ Interpretive Chemistry  
**OR**
- CHEM 1061♦ Principles of Chemistry I..... 4
- ENGL 1120♦ Cross-Current College Writing and Critical Reading  
**OR**
- ENGL 1121♦ College Writing and Critical Reading ..... 4
- HPER 1200 Anatomy of Movement..... 2
- HPER 1205 Introduction to Exercise Science ..... 2
- General Ed/MnTC (Goal Area 2) ..... 2

### Semester Two (15 Credits)

- BIOL 1106 Principles of Biology I..... 4
- HPER 1103 First Aid and CPR ..... 3
- HPER 1120 Wellness for Life ..... 4
- HPER 1160\* Weight Training and Conditioning..... 0  
*\*HPER 1160 is taken in conjunction with HPER 1120 and will count into the four credits for that class.*
- PSYC 1110 General Psychology..... 4

### Semester Three (16 Credits)

- BIOL 2113♦- Human Anatomy and Physiology I..... 4  
*\*prerequisite not required beginning Spring 2024*
- HPER 1112 Nutrition..... 3
- HPER 2205 Prevention and Care of Athletic Injuries ..... 2
- HPER 2206 Exercise Physiology..... 4
- General Ed/MnTC (Goal Area 5) ..... 3

### Semester Four (15 Credits)

- BIOL 2114♦ Human Anatomy and Physiology II..... 4
- CMST 2215 Public Speaking ..... 3
- HPER 2207♦ Fitness Testing and Exercise Prescription..... 2
- HPER 2208^ Concepts in Personal Training..... 2
- MATH 1114♦ Introduction to Statistics..... 4

### Degree Specifics

- A minimum of 60 semester credits in courses numbered 1000 or above.
- A minimum cumulative grade point average (GPA) of 2.0 in courses numbered 1000 or above at ARCC.
- Some students may need preparatory courses in the areas of English, mathematics or reading. Courses numbered below 1000 will not apply toward this degree.
- Satisfy residency requirements.
- A minimum grade of C must be earned in all program requirements.
- Completion of specific degree requirements.
- Each state university has specific program requirements for completion. Please speak with your advisor about requirements at receiving institutions.
- To complete your program, please submit the appropriate application found [here](#).
- The requirements of this program are subject to change without notice.

♦ *Course has prerequisite - see course schedule or catalog description.*

^ *Course requires Instructor permission.*

NOTE: You are encouraged to contact an academic advisor at 763-433-1230 for course planning assistance and information about transfer credit evaluation and transfer options.



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