



ANCILLA COLLEGE

TRANSFER PROGRAM

RECOMMENDED COURSEWORK

EXERCISE SCIENCE

Why should I consider a College Transfer Program?

Transfer requirements vary from college to college. The sample transfer curriculum below indicates a program of study that will help prepare students for Bachelor's degrees at senior institutions. See an advisor to assist you in creating an educational plan to fit a chosen program of study and the transfer requirements for the college or university where you will complete the Bachelor's degree.

Below are suggested courses to meet the transfer requirements to IUPUI for BS in Kinesiology-Exercise Science. Students can receive an A.S. degree in General Studies from Ancilla College.

What are the requirements for Exercise Science?

Suggested Schedule of Classes:

First Semester --	Credits	Third Semester --	Credits
EN110 Writing I	3	CH120 General Chemistry I	5
CA115 Public Speaking	3	EN Literature	3
HM101 Freshman Seminar	1	History, Economics -OR- Political Science†	3
BI252 Anatomy & Physiology I	5	Elective**	5
AR125 Art Appreciation -OR-	3		
MS125 Music Appreciation/Modern Language		Fourth Semester --	
		Religion -OR- Philosophy	3
Second Semester --		History, Economics, Sociology -OR-	3
EN212 Writing II	3	Political Science†	
MT110 College Algebra*	3	Elective**	5
PS115 General Psychology†	3	Elective**	3
CS135 Computer Literacy	3		
Elective**	5		

General Elective Total: 18 credit hours **Gen. Ed. Requirements:** 44 credits **Total Credits to Graduate:** 62 credit hours

*MT215 recommended for transfer.

**Suggested electives include: BI254 Anatomy & Physiology II, HE250 Medical Terminology, MT215 Statistics, PS256 Human Growth & Development, CH121 General Chemistry II, PY201 Physics I, NT110 Nutrition, PS265 Abnormal Psychology. *18 credit of electives are needed.*

†Three areas must be represented.

“Even when all is known, the care of a man is not yet complete, because eating alone will not keep a man well; he must also take exercise. For food and exercise, while possessing opposite qualities, yet work together to produce health.”
- Hippocrates

What can I do with an Associate degree in the field of Exercise Science?

Exercise science, also called Kinesiology, is the study of movement and the associated functional responses and adaptations. The program is designed to prepare students to transfer into bachelor programs with a strong science background. Some job titles include: Aerobics Instructor, Athletic Director, Camp Director/Trainer, Cardiac Technician, Group Exercise Instructor, Gym Manager, Health Educator, Health Teacher, Kinesiotherapist, Personal Trainer, Recreational Therapist, Sports Agent, Sports Nutritionist, and Sports Strength & Conditioning Coach.

Effective Date: Fall 2009