



Degree Plan/Pathway
Associate of Applied Science in Sport and Exercise Studies to
Bachelor of Arts in Exercise Science

2020-21 Catalog Suggested Transfer Pathway at Tri-C

First Semester		Credits
HLTH 1100	Personal Health Education	3
SES 1001	Introduction to Sport and Exercise Studies	2
SES 1040	Teaching Exercise Training Techniques	3
BIO 1500	Principles of Biology	4
ENG 1010/101H	College Composition I/Honors	3
Elective	PE 1000, Personal Fitness PE 1010, Personal Strength Development PE 1020, Weight Training	1-2
		16-17

Second Semester		Credits
MATH 1410	Elementary Probability and Statistics I	4
SES 2000	Essentials of Sports Injury Care	3
SES 2310	Advanced Training Concepts and Techniques	3
BIO 2331	Anatomy and Physiology I	4
PSY 1010/101H	General Psychology/Honors	3
Elective	HLTH 1310, Cardiopulmonary Resuscitation HLTH 1230, Standard First Aid and Personal Safety	1
		18

Third Semester		Credits
SES 2100	Sport and Exercise Physiology	3
SES 2410	Exercise Testing and Prescription	3
SES 2500	Health and Wellness Coach Certification Prep	3
BIO 2341	Anatomy and Physiology II	4
ENG 1020/102H	College Composition II/Honors	3
		16

Fourth Semester		Credits
DIET 1200	Basic Nutrition	3
SES 2130	Kinesiology	3
SES 2420	Advanced Exercise Testing and Prescription	3
SES Elective		3
SES 2840	Practicum: Sport and Exercise Studies	2
MATH 1420*	Elementary Probability and Statistics II	4
		18

Associate of Applied Science Degree Awarded

* In order to receive credit for Statistics @ Ursuline College, a student must transfer in from Tri-C both MATH 1410 and MATH 1420. Students are encouraged to take MATH 1420 before transferring. This course is not required for the AAS and may not be eligible for financial aid, please contact a Financial Aid Office or Counselor for details.

Fifth Semester		Credits
Literature elective		3
EXS 206/L	Exercise Physiology II w/ lab	4
Religious Studies elective		3
UC 201	Identity, Diversity & Community	3
General Elective		3
		16

Sixth Semester		Credits
EXS 360	Exercise and Special Populations	3
CH 105/L	Chemistry w/ lab	4
History or Political Science		3
Art or Music elective		3
General Elective		3
		16

Seventh Semester		Credits
EXS 460	Research and Design in Exercise Science	3
Religious Studies elective		3
Philosophy elective		3
General Elective		3
General Elective		3
		15

Eight Semester		Credits
EXS 490	Capstone with Practicum	3
UC401	Capstone Seminar	3
General Elective		3
General Elective		4
		13

Bachelor of Arts Awarded

Additional Information:

College-level readiness in math and English. Ursuline requires a minimum of 120 total credit hours for graduation; 122 total credit hours for Nursing. At least 50% of the students major must be completed at Ursuline. All Ursuline Core requirements, general requirements, and all requirements for the major must be completed along with a cumulative grade point of average of at least 2.0 for graduation. Students deficient in total credits, residency requirements, or in minimum cumulative grade point average must take additional elective credits to meet the minimum requirements.

This pathway represents one example of how to complete the Associate and Bachelor's degrees. Students should work closely with advisors at both institutions to discuss options.

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