



Associate of Science - Exercise Science/Kinesiology

Transfer Pathway 2025-2026 Catalog Year

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

First Year

Fall Semester

EXSC 2500 Introduction to Exercise Science	3
MATH 1050 College Algebra (QL)	4
ENGL 1010 Introduction to College Writing (WC)	3
BIOL 1610 College Biology (LS)	3
BIOL 1615 College Biology Lab	1
HLAC 2105 Prin. of Cardiorespiratory Training	1
Total	15

Spring Semester

CHEM 1210 General Chemistry I	4
CHEM 1215 General Chemistry I Lab	1
BIOL 2320 Human Anatomy	4
BIOL 2325 Human Anatomy Lab	0
ENGL 2010 Intermediate College Writing (WC)	3
HLAC 2110 Principles of Strength Training	1
Program Elective	3
Total	16

Second Year

Fall Semester

BIOL 2420 Human Physiology	3
BIOL 2425 Human Physiology Lab	1
Program Elective	3
American Institutions (AI)	3
Arts (AR)	3
General Elective	3
Total	16

Spring Semester

EXSC 2600 Sport & American Society*	3
Program Elective	3
Humanities (HU)	3
Social Sciences (SS)	3
HLAC 2115 Principles of Flexibility Training	1
Total	13

*Indicates course specific to U of U transfer

Bachelor of Science - Kinesiology Exercise in Health and Disease Emphasis

Transfer Pathway 2025-2026 Catalog Year

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



Third Year

Fall Semester

KINES 4465 Exercise Programming: Assessment & Delivery	3
KINES 3550 Motor Behavior	3
KINES 3091 Exercise Physiology QI	3
KINES 3092 Kinesiology	3
KINES 3093 Biomechanics QI	3
Total	15

Spring Semester

KINES 4466 Applied Health and Fitness Assessment and Exercise Programming	3
H EDU 4250 Facilitating Healthy Behavior	3
KINES 4301 Exercise Physiology Lab	3
KINES 4464 Exercise Instructor Training	3
KINES 3350 Exercise Psychology	3
Total	15

Fourth Year

Fall Semester

KINES 3670 Physical Activity Epidemiology	3
KINES 4670 or KINES 4680	3
KINES 4800 Fitness and Wellness Specialist Practicum	3
BD-IR	3
BD-CW	3
Total	15

Spring Semester

KINES 4810 Kinesiology Internship	6
BD-DV	3
ESSF Course	1
Electives	5
Total	15