



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		Spring Semester	
EXSC 2500 Introduction to Exercise Science	3	CHEM 1210 General Chemistry I	4
MATH 1210 Calculus I (QL)*	4	CHEM 1215 General Chemistry I Lab	1
ENGL 1010 Introduction to College Writing (WC)	3	BIOL 2320 Human Anatomy	4
BIOL 1610 College Biology (LS)	3	BIOL 2325 Human Anatomy Lab	0
BIOL 1615 College Biology Lab	1	ENGL 2010 Intermediate College Writing (WC)	3
HLAC 2105 Prin. of Cardiorespiratory Training	1	HLAC 2110 Principles of Strength Training	1
		Program Elective	3
Total		Total	16

Second Year

Fall Semester		Spring Semester	
BIOL 2420 Human Physiology	3	EXSC 2600 Sport & American Society*	3
BIOL 2425 Human Physiology Lab	1	Program Elective	3
Program Elective	3	Humanities (HU)	3
American Institutions (AI)	3	Social Sciences (SS)	3
PHYS 2210 Physics for Science & Engineering I*	4	Arts (AR)	3
PHYS 2215 Physics for Sci & Eng Lab I*	1	HLAC 2115 Principles of Flexibility Training	1
Total		Total	13

*Indicates course specific to U of U transfer

Bachelor of Science - Kinesiology Movement Emphasis

Transfer Pathway 2025-2026 Catalog Year

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Third Year

Fall Semester		Spring Semester	
KINES 3350 Exercise Psychology	3	KINES 3670 Physical Activity Epidemiology	3
KINES 3550 Motor Behavior	3	KINES 3092 Kinesiology	3
KINES 3091 Exercise Physiology QI	3	KINES 3093 Biomechanics QI	3
ESSF Course	1	KINES 3551 Application of Human Motor Development Across the Lifespan	3
BD-CW	3	BD-DV	3
Total		Total	15

Fourth Year

Fall Semester		Spring Semester	
KINES 5290 Neuromechanics of Human Movement	3	KINES 4810 or Capstone	6
KINES 5500 Motor Neuroscience & Clinical App.	3	Pathway Course or General Elective	3
KINES 4150 Consumer Technologies and Methods in Health and Kinesiology	3	BD-IR	3
Pathway Course or General Elective	3	General Elective	2
Pathway Course or General Elective	3	General Elective	3
Total		Total	17