



Associate of Science - Exercise Science/Kinesiology

Transfer Pathway 2026-27 Catalog Year

First Year

Fall Semester

GENL 1010 Introduction to College Writing (WC)	3
MATH 1050 College Algebra (QL)	4
BIOL 1610 College Biology I (LS)	3
BIOL 1615 College Biology I Lab	1
EXSC 2500 Introduction to Exercise Science	3
EXSC 1105 Principles of Cardiorespiratory Training	2
Total	16

Spring Semester

ENGL 2010 Intermediate College Writing (WC)	3
CHEM 1210 General Chemistry I	4
CHEM 1215 General Chemistry I Lab	1
BIOL 2320 Human Anatomy	4
BIOL 2325 Human Anatomy Lab	0
EXSC 1110 Principles of Strength Training	2
Program Elective	2
Total	16

Second Year

Fall Semester

American Institutions (AI)	3
Social Science (SS)	3
BIOL 2420 Human Physiology	3
BIOL 2425 Human Physiology Lab	1
EXSC 1115 Principles of Flexibility	2
Program Elective	3
Total	15

Spring Semester

Arts (AR)	3
Humanities (HU)	3
EXSC 2200 Kinesiology	3
Program Elective	3
Program Elective	3
Total	15

*Indicates course specific to UVU transfer

Gen Ed
Major
Elective

- an overall GPA of 2.0;
- a grade of "C-" or higher in all Discipline Core or Emphasis courses.

Bachelor of Science - Exercise Science and Outdoor Recreation: Exercise Science Emphasis

Transfer Pathway 2026-27 Catalog Year



Third Year

Fall Semester

EXSC 2500 Sports Medicine	3
EXSC 3270 Exercise Testing and Prescription	3
EXSC 3750 Psychosocial Aspects of Human Performance	3
Upper-Division General Elective	3
General Elective	3
Total	15

Spring Semester

Statistics Requirement	3
EXSC 3700 Exercise Physiology	3
EXSC 3705 Exercise Physiology Lab	1
Upper-Division General Elective	4
General Elective	3
Total	14

Fourth Year

Fall Semester

EXSC 3550 Motor Learning and Control	3
EXSC 4300 Research Methods in Exercise Science and Outdoor Recreation	3
Upper-Division Program Elective	3
Upper-Division Program Elective	3
General Elective	3
Total	15

Spring Semester

EXSC 4950 Senior Seminar	2
Upper-Division Program Elective	3
Upper-Division Program Elective	3
Upper-Division Program Elective	3
General Elective	3
Total	14