



Exercise Science Transfer Pathway AS - 60 credits

(Fall 2023)

REMEMBER TO REGISTER EARLY

Program Description

The Exercise Science Transfer Pathway AS offers students a powerful option: the opportunity to complete an Associate of Science degree with course credits that directly transfer to designated Exercise Science bachelor's degree programs at Minnesota State universities. The curriculum has been specifically designed so that students completing this pathway degree and transferring to one of the seven Minnesota State universities enter the university with junior-year status. All courses in the Transfer Pathway associate degree will directly transfer and apply to the designated bachelor's degree programs in a related field. Universities within the Minnesota State system include Bemidji State University; Metropolitan State University; Minnesota State University, Mankato; Minnesota State University Moorhead; Southwest Minnesota State University; St. Cloud State University; and Winona State University.

Pre-program Requirements

To begin this program, you need to be at a specific skill level in English/reading and mathematics.

English/Reading:

- Eligible for ENGL 1106 - College Composition I, or
- Completion of ENGL/READ 0950/0955 (or equivalent or higher). ENGL/READ 0950/0955 may not be taken concurrently with Semester I coursework.

Mathematics:

A college level math course is required for graduation. Students must satisfy course pre-requisites for college level math courses, which may require more than one semester of additional math. Connect with your advisor for assistance with course placement.

There are other ways to qualify. Visit [Course Placement](http://lsc.edu/course-placement) (lsc.edu/course-placement) to find out more.

REQUIRED COURSES

| Course | Course Title | Credits | MnTC Goal Area | Term |
|----------------------------|---|-----------|----------------|------|
| HPER 1100* | Career Exploration in Exercise Science | 3 | | |
| HPER 1324 | Personal Wellness | 3 | | |
| HPER 1116 | Resistance Training | 1 | | |
| HPER 1302 | Nutrition | 3 | | |
| PTA 1460* | Functional Kinesiology I | 2 | | |
| PTA 1562* | Functional Kinesiology II | 3 | | |
| ALTH 1410 | Medical Terminology | 1 | | |
| Exercise Science Electives | Choose a minimum of 6-8 credits from the following: | 6-8 | | |
| HPER 1330 | Fundamentals of Training Theory (2) | | | |
| HPER 1334 | Assessment of Physical Fitness (3) | | | |
| HPER 1332 | Introduction to Exercise Science (3) | | | |
| HPER 1304 | Nutrition in Athletic Performance (2) | | | |
| HPER 1326 | Lifetime Fitness (2) | | | |
| ALTH 1430 | First Aid & CPR/AED Health Care Professionals (1) | | | |
| ENGL 1106* | College Composition I | 3 | 1 | |
| ENGL 1109* | College Composition II | 3 | 1 | |
| COMM 1105* | Interpersonal Communication | 3 | 1 | |
| MATH 2210* | General Statistics | 3 | 4 | |
| BIOL 1120* | General Biology I | 4 | 3 | |
| CHEM 1110* | Aspects of Chemistry I | 3 | 3 | |
| or | | | | |
| CHEM 1210* | General Chemistry I | (5) | | |
| BIOL 1140* | Human Anatomy & Physiology I | 4 | 3 | |
| BIOL 1141* | Human Anatomy & Physiology II | 4 | 3 | |
| PSYC 1120* | General Psychology | 3 | 5,7 | |
| SOC 1170 | Drugs and Society | 3 | 5,8 | |
| SOC 2120* | Social Problems | | 5,9 | |
| or | | | | |
| SOC 2123* | People and the Environment | 3 | 5,10 | |
| Total Credits | | 60 | | |

*Courses may require a prerequisite



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For interpretation of test results and selection of appropriate coursework; or general information about the program, admissions, financial aid, and getting started at LSC, contact the [professional advising team](mailto:advising@lsc.edu) (advising@lsc.edu) or 218-733-7601.

Program Outcomes

A student completing Lake Superior College's Minnesota State Transfer Pathway in Exercise Science and transferring into a designated bachelor's program in Exercise Science at a Minnesota State university will have junior standing and may complete the bachelor's degree within an additional 60 credits. You will be able to transfer to the following designated majors at Minnesota State universities:

At Bemidji State University: Exercise Science BS

At Southwest State University: Exercise Science, BS

At Metropolitan State University: NA

At St. Cloud State University: Exercise Science, BS

At Minnesota State, Mankato: Exercise Science BS

At Winona State University: Exercise and Rehabilitative Science, BS

At Minnesota State, Moorhead: Exercise Science, BS

Health and Wellness Management, BAS

In order to graduate and be guaranteed admission to a Minnesota State University's designated program you must earn an overall grade point average as indicated by the university to which you will transfer.

Suggested course sequence for a full-time student averaging 15 credits per semester

| First Semester | 15 credits |
|--|-------------------|
| ENGL 1106 College Composition I | 3 |
| BIOL 1120 General Biology I | 4 |
| COMM 1105 Interpersonal Communication | 3 |
| HPER 1116 Resistance Training | 1 |
| HPER 1100 Career Exploration in Exercise Science | 3 |
| ALTH 1410 Medical Terminology | 1 |

| Second Semester | 16-18 credits |
|---|----------------------|
| ENGL 1109 College Composition II | 3 |
| CHEM 1110 Aspects of Chemistry or CHEM 1210 General Chemistry I | 3 (5) |
| BIOL 1140 Human Anatomy & Physiology I | 4 |
| HPER 1324 Personal Wellness | 3 |
| PSYC 1120 General Psychology | 3 |



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| Third Semester | 15-17 Credits |
|---|---------------|
| BIOL 1141 Human Anatomy & Physiology II | 4 |
| HPER 1302 Nutrition | 3 |
| PTA 1460 Functional Kinesiology I | 2 |
| SOC 1170 Drugs and Society | 3 |
| Exercise Science Elective | 3-5 |

| Fourth Semester | 12-14 Credits |
|---|---------------|
| SOC 2120 Social Problems or SOC 2123 People and the Environment | 3 |
| MATH 2210 General Statistics | 3 |
| PTA 1562 Functional Kinesiology II | 3 |
| Exercise Science Elective | 3-5 |

Total Credits: 60

For more information about the Exercise Science Transfer Pathway AS including course descriptions, course prerequisites and potential career opportunities, see the [program website](https://degrees.lsc.edu/exercise-science-transfer-pathway/) (https://degrees.lsc.edu/exercise-science-transfer-pathway/)

or

Contact Faculty

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MINNESOTA STATE

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All courses in diploma and/or certificate programs are acceptable for credit toward Lake Superior College degree programs as indicated on individual program planners. This is not a contract; Lake Superior College reserves the right to change the planner as necessary. This document is available in alternative formats upon request, by contacting [Disability Services](#) or (218) 733-7650 or MRS/TTY (800) 627-3529.