

Pathway Exercise Science

Lewis and Clark Community College Associate in Applied Science Degree

Fall Year 1

LCCC Course		Hours
BIOL 130	Fund. Of Biological Science	4
ENGL 131 ¹	First-Year English I	3
PHED 130	Fitness and Conditioning	2
XSCI 130	Strength Training & Fitness	2
XSCI 135	Exercise Physiology	3
Total		14

Spring Year 1

LCCC Course		Hours
BIOL 132 ¹	Human Biology	4
HEED 131	First Aid	3
PSYC 131	General Psychology	3
XSCI 140	Assessment & Exercise Prescription	3
XSCI 145	Intro to Biomechanics	3
Total		16

Fall Year 2

LCCC Course		Hours
BUSN 131/MKTG 131	Intro to Mod Business/Marketing	3
XSCI XXX	Exercise Science Elective	1
HEED 133	Personal and Comm. Health	3
PHIL 240	Ethics	3
XSCI 200	Sport Psychology	3
XSCI 220	Exercise for Special Populations	3
Total		16

Spring Year 2

LCCC Course		Hours
BIOL 161	Biology of Nutrition	3
XSCI XXX	Exercise Science Elective	1
JOBS 132/133	Target Job Market/Job Seek Skills	1
SPCH 145	Public and Private Communication	3
XSCI 240	Exercise Psychology	3
XSCI 271	Exercise Science Intern	3
Total		14

Associate in Applied Science Total **60**

Southern Illinois University Edwardsville Bachelor of Science Degree

Additional Courses needed⁵

LCCC Course		Hours
BIOL 141 ¹	Anatomy and Physiology I	4
BIOL 142 ¹	Anatomy and Physiology II	4
ENGL 132	First Year English II	3
MATH 131 ²	College Algebra	4
*CHEM 131 ^{1,2} /141 ^{1,2}	Intro to Chem/General Chemistry I	4
*CHEM 121 ^{1,2}	Recitation (required with 141)	1
Total		20

Fall Year 3

SIUE Course		Hours
RA 101	Reasoning and Argumentation	3
BFPA	Breadth Fine and Perf. Art	3
KIN 350	Exercise Physiology	3
KIN XXX	Kinesiology Elective	3
KIN XXX	Kinesiology Elective	3
Total		15

Spring Year 3

SIUE Course		Hours
KIN XXX	Kinesiology Elective	3
IS	Interdisciplinary Course	3
KIN 416	Exercise Assess & Planning	3
SS/EGC	Social Science/Global Culture	3
QR 101 ³	Quantitative Reasoning	3
Total		15

Fall Year 4

SIUE Course		Hours
LS/PS/SS	Life /Physical/Social Science	3
KIN 340	Org. & Mgmt. of Facilities	3
KIN 412 ⁴	Bio for Cardio and Meta	3
Elective	Elective	3
Elective	Elective	3
Total		15

Pathway Exercise Science

Spring Year 4

SIUE Course	Hours
KIN XXX Kinesiology Elective	3
KIN 460 Internship in Exercise Science	3
KIN 426 ⁴ Cardiac and Pulm. Rehab	3
KIN 464 Senior Assignment	3
STAT 107 or ACS 204 Or any BICS	3
Total	15

Bachelor of Science Total **140**

¹Requires a grade of "C" or better.

²Depending on post graduate program, students may choose a different MATH and CHEM. See partnership advisor.

³Course waived if MATH 138 or MATH 171 taken at LCCC

³Proficiency exam is available:

www.siu.edu/artsandsciences/math/qr101details/index.shtml

⁴Students interested in cardiac rehab internship must complete

KIN 412 and 426 before internship. Please see advisor.

⁵Additional courses must be completed prior to transferring

to SIUE. Courses may not be covered by LCCC financial aid.

*Students must complete 50% or more of SIUE degree requirements at SIUE (120+ hours required for graduation).

To be admitted to the Exercise Science major, students must;

1. Earn a "C" or better in BIOL 140 (LCCC BIOL 132), or BIOL 150 or it equivalent.
2. Earn a "C" or better in CHEM 120A/124A (LCCC CHEM 131), or CHEM 121A/125A (LCCC CHEM 141/121) or their equivalents. It is extremely beneficial to have chemistry completed prior to transferring to SIUE.
3. Have a cumulative GPA of 2.75 or higher.
4. Earn a "B" or better in KIN 275. (This courses is waived for LCCC students who earn an AAS degree in Exercise Science).
5. It is extremely beneficial to have BIOL 240A and 240B (LCCC - BIOL 141 and 142) completed prior to transferring to SIUE.