

MINNESOTA NORTH COLLEGE
PROGRAM PLANNER 2022-23
Associate of Science (AS) Degree
Exercise Science Transfer Pathway
60 Credits

Required Content Area Courses (9 credits)

HLTH/PHED	1100	Wellness, 2 cr.
HLTH	1500	Nutrition, 3 cr.
PHED	1136	Fitness and Conditioning, 1 cr.
PHED	1150	Weight Training, 1 cr.
PHED	1410	Introduction to Exercise Science, 2 cr.

Required MnTC Core Courses (39 credits minimum)

Goal 1 Communication (10 credits required)

COMM course, 3 cr.

ENGL 1231 College Composition 1, 4 cr.

One of the following:

ENGL 1232 College Composition 2, 3 cr.

ENGL 1240 Technical Report Writing, 3 cr.

Goal 3 Natural Sciences (16 credits required)

BIOL 2371 Anatomy & Physiology 1, 4 cr.

BIOL 2372 Anatomy & Physiology 2, 4 cr.

One of the following:

BIOL 1200 Introduction to Biology, 4 cr.

BIOL 1561 General Biology of Cells, 4 cr.

One of the following:

CHEM 1200 Introduction to Chemistry, 4 cr.

CHEM 1521 General Chemistry 1, 4 cr.

Goal 4 Mathematics/Logical Reasoning (4 credits required)

MATH 1215 Statistics, 4 cr.

Goal 5 History and the Social and Behavioral Sciences (6 credits required)

PSYC 1215 General Psychology, 3 cr.

Elective, 3 cr.

Goal 6 The Humanities and the Fine Arts (3 credits required)

PHIL 1230 Ethics, 3 cr.

Goal 7 Human Diversity (Fulfilled above)

Goal 9 Ethical and Civic Responsibility (Fulfilled above)

Additional Requirements (3 credits)

ALHE	1100	Heartsaver First Aid with CPR with AED, 1 cr.
PHED	1515	Care and Prevention of Athletic Injuries, 2 cr.

Electives

Select any courses numbered 1000 or above to total 60 credits for the Associate of Science Degree.

Graduation Requirements

- Complete all required content area courses.
- 2.0 minimum GPA required for both the MnTC and AS degree.
- Transfer courses with grades of A-D will be included in the GPA calculation for MnTC.

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.

Program Outcomes

- Demonstrate foundational knowledge in basic sciences (biology, physiology, and chemistry) pertinent to the field of exercise science
- Apply basic scientific principles from exercise physiology and biomechanics to human movement and exercise
- Discuss ethical standards, expectations, and educational requirements in the exercise science professions
- Explain how physical activity and nutrition contribute to wellness
- Discuss psychological factors that influence behavior change



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