Section I:

<u>College of the Albemarle</u> Health & Fitness Science (A45630)

Associate in Applied Science

	100000				Dist Illiesion	ogy - Concentration in Fitness & Wellness	
		GENERAL EDUCATION				GENERAL EDUCATION (35 SHC)	
ACA or	111 or	College Student Success	1	UNIV	110	Freshman Seminar I (Fresh Seminar I)	
ACA ENG	122	College Transfer Success Writing & Inquiry	3	ENGL	102	Composition I (Eng Comp 1)	+:
MAT	143	Quantitative Literacy	3	MAT	114	Math for Liberal Arts (Nat Sci/Math A)	_
or	or	or	or	or	or	or	:
MAT	171	Precalculus Algebra	4	MAT	115	College Algebra (Nat Sci/Math A)	+
PSY	150	General Psychology	3	PSY	212	General Psychology (Soc/Beh Sci B1)	1
HEA	110	Personal Health & Wellness	3	HLTH	185	Health Concepts (Health/PE A)	
COM	231	Public Speaking	3	SPCH	314	Public Speaking (Hum/Fine Arts A1)	:
ART	111	Art Appreciation		ART	130	Art Appreciation (Hum/Fine Arts B)	
Or	or	or Music Approximation	3	or MUS	or 135	or Mus Appreciation (Hum/Fine Arts B)	1
MUS	110	Music Appreciation		MUS	155	with Appreciation (Humbrine Arts B)	
PED	000	Physical Education Elective	1	PE	000	Physical Education Elective (Health/PE B)	
distant arras man			20-21				1
		CORE COURSES				CORE COURSES (23 SHC)	
HFS	110	Exercise Science	4	KIN	239	Intro to Kinesiology	- 2
HEA	112	First Aid & CPR	2	HLTH	367	First Aid, CPR, & Safety	
			6				
		CORE ELECTIVES				CORE ELECTIVES (8 SHC)	
HFS and	116 and	Prev & Care of Ex Related Injuries and	3 and	KIN	368	Prevention & Care of Athletic Injuries	
HFS	210	Personal Training	3	KIII	300	Trevention & Care of Authoric Injuries	
HFS	116	Fitness Facility Management	4	DECM	411	Escilities Management	
and HFS	and 212	and Exercise Programming	and 3	PESM	411	Facilities Management	
1110	1 2.2	Distribution Trogramming	13				:
		RELATED AREA				RELATED AREA (24 SHC)	
BIO	168	Anatomy & Physiology I	4	KIN	210/210L	Applied Anatomy & Physiology & Lab	
PED	110	Fit & Well for Life	2	WDI	242	T. P. 11 10 20 1	Τ.
and PED	and	and Weight Training I	and 1	KIN	243	Individual Sports	3
		Trought Truming 2	7				
		CONCENTRATION				CONCENTRATION (18 SHC)	
HFS	218	Lifestyle Changes & Wellness	4	KIN	379	Lifestyle, Wt Mgmt, Health Coaching	
HFS	120	Group Exercise Instruction	3	KIN	407	Group Exercise Instruction	
		FREE ELECTIVES	7			FREE ELECTIVES (12 SHC)	
BIO	155	Nutrition	3	ELEC	000	Free Elective	
BIO	169	Anatomy & Physiology II	4	ELEC	000	Free Elective	
HFS	111	Fitness & Exercise Testing	4	ELEC	000	Free Elective	
PED	118	Weight Training II	1	ELEC	000	Free Elective	
			12		70AV000.1		1
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<u>Section II</u>: <u>Elizabeth Cite State University</u> <u>B.S. Kinesiology/Fitness & Wellness</u>

Additional Required Courses to be completed at ECSU.

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	PED	173	Swimming I (Required in Major)	1
	UNIV	120	Freshman Seminar II (Fresh Seminar 2)	1
*Can take ENG 112 at COA	ENGL	103	Composition II (Eng Comp 2)	3
*Can take ENG 252 at COA	ENG or ENG	201 or 202	World Literature I (Hum/Fine Arts A2) or World Literature II (Hum/Fine Arts A2)	3
*Can take HIS 111 or 112 at COA	HIS or HIS	140 or 141	World Civilization I (Soc/Beh Sci A) or World Civilization II (Soc/Beh Sci A)	3
*Can take GEO 111, HIS 131, HIS 132, POL 120, SOC 210, ECO 251, or ECO 252 at COA	SOC SCI	Soc Sci	Soc & Beh Science (Soc/Beh Sci B2)	3
*Can take BIO 111, CHM 151, or PHY 251 at COA	NAT SCI	000	Natural Science w/ Lab (Nat Sci/Math B)	4
			CORE COURSES	1
	KIN	300	Exercise Physiology	3
	KIN	370	Kinesiology	3
	KIN	416	Advanced Kin & Biomechanics	3
	HLTH	369	Principles of Nutrition	3
*Can take HEA 120 at COA	PHS	110	Intro to Public Health	3
	PHS 210	210	Community Health, Safety, & Disease	3
				1
			CORE ELECTIVE (Choose 3 SHC)	
	KIN	401	Motor Learning & Motor Behavior	
	KIN	403	Research in Physical Education	3
	KIN	470	Adapted Physical Education	
	PESM	312	Legal Issues of Sport/Rec	3
	PHS	310	Environmental Health & Sanitation	3
	PHS	410	Terrorism, Disasters, & Epidemics	- 3
			RELATED AREA	
	KIN	375	Mgmt of Phys Ed & Ath Programs	3
	PESM	211	Intro to Sports Psychology	3
	PESM	313	Governance in Sport	3
	PESM	410	Organization & Management	3
Choose 2 classes from PESM 420-425	PESM	420-425	Public Health Field Experience	6
				18

Commence of the commence of th			CONCENTRATION	
	KIN	383	Aquatic & Fitness Instruction	3
3	KIN	388	Lifesaving	3
	KIN	390	Water Safety	3
	KIN	478	Swimming Pool Operation & Maint	3
				12
		Total Credits Required at ECSU		

*Classes with an asterisk are not required as part of the AAS degree program in Health & Fitness Science, but				
can be taken at COA and transferred towards B.S. –	SUMMARY			
Kinesiology requirements at ECSU. However, only 65 TOTAL credit hours may be transferred to ECSU.	Transfer Credits from Associate Degree	52		
Successful applicants (those holding an AAS in Health &	Credits to be Taken at ECSU	69		
Fitness Science Degree from College of The Albemarle, and meeting admission requirements at Elizabeth City State University), will be admitted into the B.S Kinesiology – Concentration in Fitness & Wellness program.	Total Credits for B.S. Degree	121		

ARTICULATION AGREEMENT (2018-2019 Catalog)