

**BACCALAUREATE DEGREE PLAN**  
**Associate in Arts (AA) to Kinesiology\_Fitness and Wellness Concentration**

North Carolina Community College Course		Specific Community College Course Required	Elizabeth City State University Course	
	<i>Course credit</i>			<i>Course credit</i>
ENG 111 Writing and Inquiry	3 SHC		ENGL 102 Composition I	3 SHC
ENG 112 Writing/Research in the Disciplines	3 SHC		ENGL 103 Composition II	3 SHC
Communications/Humanities/Fine Arts (from min 2 diff disc)	9 SHC		ENGL 201/202 World Literature I/II	3 SHC
			Humanities and Fine Arts A	3 SHC
			Humanities and Fine Arts B	2 SHC
Social Behavioral Sciences (must come from at least two disciplines)	9 SHC		Social and Behavioral Science A	3 SHC
		PSY 150 General Psychology	PSY 212 General Psychology	3 SHC
			Social and Behavioral Science B	3 SHC
Mathematics	3-4 SHC	MATH 115 College Algebra or MATH 118 Precalculus or MATH 165 Calculus of Single Variable I	Natural Science and Mathematics A	3 SHC
Natural Sciences	4 SHC	BIOL 101: General Biology for Majors I required	BIOL 101/L General Biology for Majors I with Lab	4 SHC
Additional General Education Hours	13-14 SHC		Additional General Education Hours	4 SHC
			Free Elective Hours (includes extra credits from Humanities and Fine Arts B and Mathematics if applicable)	3 SHC
PHY 251 General Physics I	4		PHYS 181 General Physics I / Lab	4 SHC
PHY 252 General Physics II	4		PHYS 182 General Physics II / Lab (PR: PHYS 181 Minimum Grade of D)	4 SHC
BIOL 112 General Biology 2	4		BIOL 102 General Biology for Majors II (PR: BIOL 101 Minimum Grade of D)	4 SHC
Other Required Hours	14 SHC		Additional Elective Hours	4
ACA 122 College Transfer Success	1 SHC		UNIV 110 Freshman Seminar I	1 SHC
		HEA 110 Personal Health/Wellness	HLTH 185 Health Concepts	2 SHC
		PED Physical Education Activity Course	Physical Education Requirement	1 SHC
BIO 165 / BIOL 168 Anatomy and Physiology I	4		BIOL 215 Anatomy and Physiology I	4 SHC
BIO 166 / BIOL 169 Anatomy and Physiology II	4		BIOL 216 Anatomy and Physiology II	4 SHC
<b>TOTAL SEMESTER HOURS</b>	<b>60-61 SHC</b>		<b>TOTAL SEMESTER HOURS</b>	<b>60 SHC</b>
If take this at an NC Community College, it would satisfy the requirement in column D			<b>COURSES TO BE TAKEN AT ECSU (prerequisite)</b>	
			General Electives	4 SHC
			KIN 205 Technology Applications in Recreation, Fitness, and Wellness	2 SHC
			KIN 239 Introduction to Kinesiology	2 SHC
			KIN 300 Exercise Physiology (PR: BIOL 215)	3 SHC
			KIN 369 Prevention and Care of Athletic Injuries	3 SHC
			KIN 370 Kinesiology (PR: KIN 300)	3 SHC
			KIN 399 Applied Techniques in Strength and Conditioning (PR: KIN 300 and KIN 370)	3 SHC
			KIN 401 Motor Learning and Motor Behavior	3 SHC
			HLTH 369 Principles of Nutrition	3 SHC
CHM 151 General Chemistry I	4		CHEM 101 General Chemistry I / Lab	4 SHC
CHM 152 General Chemistry II	4		CHEM 102 General Chemistry II / Lab (PR: CHEM 101 Minimum Grade of D)	4 SHC
			PSY 301 Statistics and Research Design (PR: PSY 212 Minimum Grade of C)	4 SHC

			KIN 447/L Exercise Prescription and Testing/Lab (PR: PE 300 Minimum Grade of C)	4 SHC
			KIN 405/L Biomechanics	4 SHC
			KIN 491 Kinesiology Field Experience I (PR: HLTH 101 or KIN 369 with a C or higher)	3 SHC
			KIN 492 Kinesiology Field Experience II (PR: HLTH 101 or KIN 369 with a C or higher)	3 SHC
			<b>Core Electives (8 credits hours from following courses)</b>	
			KIN 242 Teaching Team Sports	2 SHC
			KIN 307 Teaching Lifetime Leisure Pursuits	2 SHC
			KIN 403 Research in Physical Education	3 SHC
			KIN 420 Wellness Programming and Administration	3 SHC
			KIN 430 Nutrition for Fitness and Sport	3 SHC
			KIN 435 Scientific Basis of Health and Aging	3 SHC
			KIN 448 Exercise Prescription for Chronic Disease	3 SHC
			KIN 470 Adapted Physical Education	3 SHC
			HLTH 450 Health Parity: Rural, Urban, and Global Contexts	3 SHC
			HLTH 465 Drug Education	3 SHC
			TOTAL CREDITS AT ECSU (Can be reduced by transferring in courses in Column A that correspond to courses required at ECSU)	60 SHC

If you complete your AS at a North Carolina Community College, any General Education course that you have not taken that is required at Elizabeth City State University will be waived EXCEPT for those courses specified by the major program as required General Education courses.

Please note: The following ECSU General Education courses cannot be waived per the CAA: General education/cognate courses required for major, health,

Reviewed by: Dr. Bounj Jin Kang

Date of Review: June/ 13 /2021