

BACCALAUREATE DEGREE PLAN
Associate in Science (AS) to Kinesiology_Fitness and Wellness Concentration

North Carolina Community College Course	Course credit	Specific Course Required	Elizabeth City State University Course	Course credit
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)	6 SHC	ENG 231 American Literature I or ENG 232 American Literature II or ENG 241 British Literature I or ENG 242 British Literature II	ENGL 201/202 World Literature I/II	3 SHC
			Humanities and Fine Arts A or B	2-3 SHC
Social Behavioral Sciences (must come from at least two disciplines)	6 SHC		Social and Behavioral Science A	3 SHC
			Social and Behavioral Science B	3 SHC
Mathematics	8 SHC	MATH 115 College Algebra or MATH 118 Precalculus or MATH 165 Calculus of Single Variable I required	Natural Science and Mathematics A	3 -4 SHC
			Additional Elective Credits	4 SHC
Natural Sciences	8 SHC	BIOL 111: General Biology for Majors I BIOL 112: General Biology for Majors II	BIOL 101 General Biology for Majors I	4 SHC
			BIOL 102 General Biology for Majors II	4 SHC
Additional General Education Hours	13-14 SHC		Free Elective Hours (includes additional hours from Humanities and Fine Arts B)	1 SHC
		BIO 165 / BIOL 168 Anatomy and Physiology I	BIOL 215 Anatomy and Physiology I	4 SHC
		BIO 166 / BIOL 169 Anatomy and Physiology II	BIOL 216 Anatomy and Physiology II	4 SHC
		CHM 151 General Chemistry I	CHEM 101 General Chemistry I / Lab	4 SHC
Other Required Hours	14 SHC	HEA 110 Personal Health/Wellness	HLTH 185 Health Concepts	2 SHC
		PHY 251 General Physics 1	PHYS 181 General Physics I / Lab	4 SHC
		PHY 252 General Physics 2	PHYS 182 General Physics II / Lab	4 SHC
		CHM 152 General Chemistry II	CHEM 102 General Chemistry II / Lab	4 SHC
ACA 122 College Transfer Success	1 SHC		UNIV 110 Freshman Seminar I	1 SHC
TOTAL SEMESTER HOURS	60-61 SHC		TOTAL SEMESTER HOURS	60-61 SHC
If take this at an NC Community College, it would satisfy the requirement in column D			COURSES TO BE TAKEN AT ECSU (prerequisite)	
			General Electives	
			KIN 205 Technology Applications in Recreation, Fitness, and Wellness	2 SHC
			KIN 239 Introduction to Kinesiology	2 SHC
			KIN 300 Exercise Physiology	3 SHC
			KIN 369 Prevention and Care of Athletic	3 SHC
			KIN 370 Kinesiology	3 SHC
			KIN 399 Applied Techniques in Strength and Conditioning	3 SHC
			KIN 401 Motor Learning and Motor Behavior	3 SHC
			HLTH 369 Principles of Nutrition	3 SHC
PED Physical Education Activity Course	1 SHC		Physical Education Requirement	1 SHC
			PSY 301 Statistics and Research Design	4 SHC
			KIN 447/L Exercise Prescription and Testing/Lab	4 SHC
			KIN 405/L Biomechanics	4 SHC

			KIN 491 Kinesiology Field Experience I	3 SHC
			KIN 492 Kinesiology Field Experience II	3 SHC
			Core Electives (8 credits hours from following courses)	
			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, and physical education activity course. These courses are required for graduation from ECSU. Students may complete these courses as part of

Reviewed by: Dr. Boung Jin Kang

Date of Review: June/ 13 /2021