# transfer pathway guide

# 2021-2022

Associate of Applied Science in Exercise Science at Sinclair College to a

Bachelor of Science in Exercise Science at Northern Kentucky University

## *Overview*

Completion of the following curriculum will satisfy the requirements for the Associate of Applied Science (AAS) in Exercise Science degree at Sinclair College and leads to the Bachelor of Science (BS) in Exercise Science degree at Northern Kentucky University (NKU).

## *Degree Requirements for Sinclair College*

To earn a degree at Sinclair College, a student must complete a minimum of 60 credit hours, attain a minimum cumulative GPA of 2.0, and earn a minimum of 20 credit hours at Sinclair College.

## *Admission Requirements for NKU*

Students completing an associate degree with a cumulative GPA of 2.0 or higher will be accepted into NKU.

## *Tuition and Scholarships*

For information on tuition and scholarships, please visit [https://nku.edu/admissions/adult/online.html](https://nam05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnku.edu%2Fadmissions%2Fadult%2Fonline.html&data=04%7C01%7CWILLIAMSD%40nku.edu%7Ca13d559e23db4f097b7e08d876b866e5%7Cac3218551f554d0bb2fa531085ca3022%7C0%7C0%7C637389881652946063%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=kNUnU8YQrn9AOkjk%2Fh4QKEd1Mey4oZ%2FEvyCQCfoNeGg%3D&reserved=0)

## *NKU Contacts*

Students can schedule a meeting with an advisor from the College of Health & Humans Services at <https://www.nku.edu/academics/chhs/advising.html>.

## *Degree Requirements for NKU*

To earn a bachelor’s degree at NKU, students must complete a minimum of 120 credit hours with at least 45 credit hours numbered 300 and above. In addition, at least 25% of the credit hours required for the degree and the last 30 credit hours must be completed at NKU. Students must have an overall GPA of 2.5, earn a C- or higher in all major coursework, and meet all prerequisites for courses and requirements for the major. A minor is not required for this major.

### SINCLAIR COLLEGE AAS IN EXERCISE SCIENCE TO ­­­­­­­­­­­­­­­

### NKU BS IN EXERCISE SCIENCE CHECKLIST

### Sinclair College

#### Category 1: Sinclair Requirements for the AAS in Exercise Science

| **Sinclair Course** | **Course or Category** | **Credits** | **NKU Course** | **Completed** |
| --- | --- | --- | --- | --- |
| ALH 1101 | Introduction to Healthcare Delivery | 2 | HEA 100T |  |
| ALH 1110 | Principles of Electrocardiography | 3 | HSC 100T |  |
| ALH 1132 | American Heart Association Heartsaver First Aid | 1 | HEA 100T |  |
| BIO 1121 | Human Anatomy & Physiology I | 3 | BIO 208/208L |  |
| BIO 1222 | Human Anatomy & Physiology II | 3 | BIO 200G/L |  |
| COM 2211 | Effective Public Speaking | 3 | CMST 101 |  |
| DIT 1111 | Nutrition for Health & Fitness | 3 | KIN 481 |  |
| ENG 1101 | English Composition I | 3 | ENG 101 |  |
| ENS 1116 | Introduction to Exercise Science & Health Promotion | 3 | KIN 125 |  |
| ENS 1118 | Lifetime Physical Fitness & Wellness | 3 | ENS 1118 + ENS 2418 = KIN 349 + KIN 300T |  |
| ENS 1212 | Business Management for Exercise Science | 3 | ENS 1212 + ENS 2419 = KIN 450 + KIN 400T |  |
| ENS 1214 | Personal & Community Health Behavior | 3 | HEA 230 |  |
| ENS 2316 | Motor Development & Motor Learning | 3 | KIN 325 |  |
| ENS 2317 | Methods of Teaching Lab | 1 | KIN 200T |  |
| ENS 2318 | Fitness Assessment & Exercise Prescription | 3 | ENS 2318 + ENS 2416 = KIN 260 + KIN 200T |  |
| ENS 2416 | Certification Preparatory Course | 3 | ENS 2318 + ENS 2416 = KIN 260 + KIN 200T |  |
| ENS 2417 | Methods of Teaching | 3 | KIN 200T |  |
| ENS 2418 | Exercise Prescription for Special Populations | 3 | ENS 1118 + ENS 2418 = KIN 349 + KIN 300T |  |
| ENS 2419 | Health Promotion, Fitness & Sport Programming | 3 | ENS 1212 + ENS 2419 = KIN 450 + KIN 400T |  |
| ENS 2471 | Exercise, Wellness & Sports Science Practicum | 2 | CEP 300 |  |
| HIM 1101 | Medical Terminology | 2 | BIO 272 |  |
| MAT 1130 | Mathematics in Health Sciences  | 3 | MAT 100T |  |
| PSY 1100 | General Psychology | 3 | PSY 100 |  |
|  | **Total Associate Degree Hours** | **62** |  |  |

TBS XXX means to be selected by Sinclair College student.

TBD XXX means to be determined by NKU based on course selected at Sinclair College.

### Northern Kentucky University

#### Category 2: NKU Additional General Education Requirements

| **NKU****Course** | **Course** | **Credits** | **Sinclair****Course** | **Taken at Sinclair** |
| --- | --- | --- | --- | --- |
| ENG 102 | Advanced College Writing | 3 | ENG 1201 |  |
| TBS XXX | Mathematics & Statistics | 3 |  |  |
| TBS XXX | Cultural Pluralism | 3 |  |  |
| TBS XXX  | Individual & Society | 3 |  |  |
| TBS XXX | Culture & Creativity | 6 |  |  |
| TBS XXX | Global Viewpoints | 3 |  |  |
|  | **Subtotal General Education Courses** | **21** |  |  |

#### Category 3: NKU Major Requirements for BS in the Exercise Science

| **NKU****Course** | **Course** | **Credits** | **Sinclair****Course** | **Taken at Sinclair** |
| --- | --- | --- | --- | --- |
| KIN 125 | Introduction to Physical Education, Fitness & Sport | 3 |  |  |
| KIN 200 | Concepts of Lifetime Fitness | 2 |  |  |
| KIN 260 | Introduction to Strength and Conditioning | 3 | ENS 2318 + ENS 2416 | x |
| KIN 280 | Basic Recognition & Care of Athletic Injuries | 3 |  |  |
| KIN 313 | Computer Applications for Health & Kinesiology | 2 |  |  |
| KIN 295 | Anatomical Kinesiology | 3 |  |  |
| KIN 325 | Motor Development, Learning & Control | 3 | ENS 2316 | x |
| KIN 325L | Motor Development, Learning & Control Lab | 1 |  |  |
| KIN 340 | Exercise Physiology | 3 |  |  |
| KIN 340L | Exercise Physiology Lab | 1 |  |  |
| KIN 349 | Exercise Prescription | 3 | ENS 1118 + ENS 2418 | x |
| KIN 360 | Statistics & Measurement in Kinesiology | 3 |  |  |
| KIN 370 | Biomechanics | 3 |  |  |
| KIN 380 | Clinical Exercise Physiology | 3 |  |  |
| KIN 450 | Organization & Administration of Kinesiology and Athletics | 3 | ENS 1212 + ENS 2419 | x |
| KIN 481 | Nutrition for Sport and Exercise | 3 | DIT 1111 | x |
| KIN 483 | Advanced Strength and Conditioning | 3 |  |  |
| KIN 498 | Research, Trends, and Issues in Exercise Science | 3 |  |  |
| KIN 496 orKIN 497 &KIN XXX  | Internship in Exercise Science orExercise Science Senior Synthesis and6 KIN credit hours 300 level or above  | 9 |  |  |
| TBS XXX | Select 300/400/500 level KIN, PHE, HEA, or ATP courses  | 6 |  |  |
| BIO 126 | Human Nutrition | 3 |  |  |
| BIO 208/208L | Human Anatomy & Physiology I and Lab | 4 | BIO 1121 | x |
| BIO 209/209L | Human Anatomy & Physiology II and Lab | 4 |  |  |
| CHE 115/115L | Physiological Chemistry and Lab | 4 |  |  |
| PHY 110 | Introduction to Physics with Lab | 4 |  |  |
|  | **Total NKU Major Credit Hours** | **82** |  |  |
|  | **Less Major Credit Hours from Sinclair** | **19** |  |  |
|  | **Subtotal Major Credit Hours at NKU** | **63** |  |  |
|  | **Total Baccalaureate Degree Credit Hours** | **146** |  |  |

Updated June 2021