

College of Education and Human Development

Exercise Science 82-84 Hours

**Jackson College Transfer Guide**

(No Minor Required; 122 Credit Hours Needed for Graduation)

GEN ED	PRE-REQUISITES	COURSES	TRAN/SUB/GRADE	CR HR
<b>REQUIRED COGNATES</b>				
		<b>BIOS 1120</b> Principles of Biology <b>OR BIOS 1600</b> Biological Form and Function	BIO 110	3 3
	BIOS 1120 or 1600 or 1610 (1500) w/"C" or better	<b>BIOS 2110</b> Human Anatomy	BIO 253	4
	BIOS 2110 w/"C" or better	<b>BIOS 2400</b> Human Physiology	BIO 254	4
<b>Area VI</b>	MATH 1110 w/"C" or better or placement	<b>CHEM 1100/1110</b> Gen Chem I <b>Or CHEM 1000</b> Intro to Chemistry	CEM 141	4
	MATH 1100 w/"C" or better or placement			3
<b>Area VI</b>	MATH 1110 w/ "C" or better or placement	<b>PHYS 1130/1140</b> Gen Physics I <b>Or PHYS 1070/1080</b> Elem Physics & Lab	PHY 231	5
	MATH 1100 w/ "C" or better or placement			5
<b>Area V</b>		<b>PSY 1000</b> General Psychology	PSY 140 or 140A	3
<b>Area VIII</b>		<b>HPHE 1110</b> <b>Or</b> <b>HOL 1000</b> Healthy Living	HPF 283	2/3
<b>Total Credits (25-27)</b>				
<b>REQUIRED HPHE COURSES</b>				
		<b>HPHE 1520</b> Foundations of Exercise Science		3
	BIOS 2110	<b>HPHE 2950</b> Biomechanical Analysis		3
	BIOS 2110; 2400	<b>HPHE 2980</b> Exercise Physiology		3
	HPHE 1520	<b>HPHE 3150</b> Measurements/Evaluation/Stats		3
	HPHE 1110 or HOL 1000; HPHE 1520	<b>HPHE 3500</b> Modification of Health Behavior		2
		<b>*HPHE 3810 or 1810</b> First Aid	EMS 110	2
	HPHE 2950; 2980	<b>HPHE 3960</b> Principles of Strength & Conditioning		3
	HPHE 2980	<b>HPHE 3970</b> Exercise & Sports Nutrition		3
<b>Prof 2</b>	HPHE 2950; 2980; 3150	<b>**HPHE 4440</b> Prof Development in Exercise Science		3
	HPHE 2950; 2980; 3150; 3960; 3970	<b>*HPHE 4450</b> Exercise Testing & Prescription		3
	HPHE 2950; 2980; 3960	<b>HPHE 4910</b> Exer Mgmt - Chronic Disease/Disorders		3
	All required HPHE courses	<b>HPHE 4980</b> Internship in Exercise Science; 450 Hrs		6
<b>Total Credits (37)</b>				
<b>PERSONAL OPTION PROGRAM (POP): 20 Credits Required</b> See back for course options				
GEN ED	PRE-REQUISITES	APPROVED COURSES	TRAN/SUB/GRADE	CR HR
<b>Total POP Credits</b>				

\*Take one semester before internship  
\*\*Take two semesters before internship

# PERSONAL OPTION PROGRAM (POP) CHOICES

GEN ED	PRE-REQUISITES	APPROVED COURSES	CR HR	Equivalent
	BIOS 1600	<b>BIOS 1610 (1500)</b> Molecular & Cellular Biology	4	BIO 162
	BIOS 1600	<b>BIOS 1620 (1510)</b> Ecology & Evolution	4	BIO 161
	CHEM 1120; BIOS 1610 (1500) and BIOS 1620 (1510)	<b>BIOS 2300</b> Cell Biology	3	
	CHEM 1120; BIOS 1610 (1500) and BIOS 1620 (1510)	<b>BIOS 2500</b> Genetics	3	
	BIOS 2500; CHEM 3750 and CHEM 3760	<b>BIOS 3120</b> Microbiology	5	
	56+ hrs; BIOS 2500, CHEM 3750/3760 or 3700/3710	<b>BIOS 3500</b> Human Physiology for Majors	5	
	56+ hrs; 12 hrs in Biology	<b>BIOS 5310</b> Biology of Aging	3	
Area III		<b>BLS 3050</b> Intro to Adults with Disabilities	3	
Area V		<b>BUS 1750</b> Business Enterprise	3	BUA 100
	CHEM 1100/1110	<b>CHEM 1120/1130</b> Gen Chem II	4	CEM 142
	CHEM 3700/3710 or 3770/3780	<b>CHEM 3550/3560</b> Biochemistry	4	
	CHEM 1120/1130	<b>CHEM 3700/3710 OR 3750/3760</b> Organic Chemistry	4	CEM 241
	CHEM 3750/3760	<b>CHEM 3770/3780</b> Organic Chemistry II	4	CEM 242
		<b>COM 4840</b> Health Communication	3	
		<b>FCS 2660</b> Personal Nutrition (on-line and on campus)	3	
		<b>FIN 2420</b> Entrepreneurial Finance	3	
Area III		<b>GRN 1000</b> Introduction to Aging Studies	3	
		<b>HOL 4700</b> Relationship-Centered Skills	3	
	***approved by coordinator or advisor	<b>HOL 5300</b> level "topic" courses		
		<b>HOL 5304</b> Yoga to Enhance Living	1	
		<b>HOL 5305</b> Mindfulness to Enhance Living	1	
	88+ hrs	<b>HOL 5310</b> Intro Holistic Health	3	
		<b>HOL 5321</b> Holistic Health Coaching	3	
		<b>HOL 5350</b> Holistic Approaches to Stress	3	
		<b>HOL 5360</b> Counseling Skills for Health Professions	3	
		<b>HOL 5520</b> Healing Through Movement	3	
		<b>HOL 5530</b> Holistic Strategies to Illness and End of Life	3	
		<b>HOL 5550</b> Successful Aging-Holistic Approaches	3	
	HPHE 3960	<b>HPHE 4690</b> Fitness Management	3	
	HPHE 2980	*** <b>HPHE 4800</b> Heart Disease Rehabilitation	3	
Area V		<b>HSV 2250</b> Growth, Development, and Aging	3	
		<b>HSV 3350</b> Pharmacology for Health Prof	3	
		<b>MDSC 2010</b> Medical Terminology (online)	1	MOA 120
	BIOS 2110 w/"B" or better	<b>MDSC 4300</b> Cadaver Dissection Lab	2	
	sophomore standing, major/minor restrictions	<b>MKTG 2500</b> Marketing Principles	3	BUA 230
	BUS 1750, major/minor restrictions	<b>MGMT 2500</b> Organizational Behavior	3	
Area VII	42+ hrs; computer class "C" or better	<b>NUR 3330</b> Informatics for Healthcare Professionals	3	
Area VI		<b>OT 2000/2010</b> Human Functional Anatomy	4	
		<b>OT 2020</b> Orientation to OT	3	
Area VII (PHIL) OR II (NURS)	45+ hrs for NURS 3220 only	<b>PHIL 3340</b> Biomedical Ethics <b>OR NUR 3220</b> Health Care Ethics	4/3	
Area VII		<b>PHIL 3550</b> Philosophy of Science	3	
	PHYS 1130/1140	<b>PHYS 1150/1160</b> Gen Physics II	5	PHY 232
	PSY 1000	<b>PSY 2500</b> Abnormal Psychology	3	PSY 251
Area V		<b>SOC 2000</b> Principles of Sociology	3	SOC 231
	SOC 2000	<b>SOC 3730</b> Sociology of Health & Illness	3	
Prof 3	MATH 1100 w/"C" or better or placement	<b>STAT 3660</b> Data Analysis for Biosciences	4	CIS 203, MAT 133