

PROGRAM ARTICULATION DEGREE PLAN					
John A Logan College	2024-2025	Southern Illinois University Carbondale			
AA Physical Education (K-12) - 63 Hours		BS Exercise Science (ES) - 120 hours			
		University Core Curriculum (UCC) - 39 hrs*			
		Hrs			Hrs
			UNIV 101	Saluki Success	NA
COM 115	Speech	3	CMST 101	Intro to Oral Communication	T
ENG 101 -or- 113	English Composition I -or- Professional Technical Writing	3	ENGL 101	English Composition I	T
ENG 102	English Composition II	3	ENGL 102	English Composition II	T
MAT 120	Elementary Statistics	3	MATH 282	Intro to Statistics	T
	IAI Social & Behavioral Science	3	SOCIAL SCIENCE	See SIUC Transfer Equivalency Guide	T
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PSY 132	General Psychology	3	PSYC 102	Intro to Psychology	T
	IAI Humanities	3	HUMANITIES	See SIUC Transfer Equivalency Guide	T
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CHM 141	General Organic & Biochemistry I	4	CHEM 140A	Chemistry	T
BIO 100	Biology for Non-Science Majors	4	ZOOL 115	General Biology	T
	IAI Fine Arts	3	FINE ARTS	See SIUC Transfer Equivalency Guide	T
HTH 100	Human Nutrition	3	HND 101	Personal Nutrition	T
EDC 203	Schooling in a Diverse Society	3	EDUC 211	Diversity in Education	T
		44			0
			*An AA from a regionally accredited Illinois community college satisfies UCC requirements		
Program Requirements			Program Requirements		
Electives		5	Any unarticulated courses will be used to satisfy general elective credit		
EDC 200	Intro to Education	3			
ORI 100	College 101	1			
CHM 142 (elective)	General Organic & Biochemistry II	4			
EDC 202	Human Growth, Development & Learning	3	EDUC 214 (elective)	Human Development & Learning	T
PEDE 202	Physical Education for Children	3	KIN 202 (elective)	Physical Education & Activities for Classroom Teachers	T
		19			
			KIN 201	Intro to Human Movement Science	3
			KIN 300	Musculoskeletal Anatomy	3
			KIN 313	Motor Behavior	3
			KIN 318	Behavioral Aspects of Exercise	3
			KIN 320	Exercise Physiology	3
			KIN 321	Biomechanics of Human Movement	3
			KIN 342	Pharmacology for Sport & Allied Health Professionals	3
			KIN 355F -or- 402	Practicum-Exercise Science -or- Exercise Programming for Cancer Survivors & Caregivers	2
			KIN 381	Exercise & Nutrition	3
			KIN 382	Graded Cardiovascular Testing & Exercise Prescription	3
			KIN 408	Advanced Exercise Prescription	3
			KIN 420	Advanced Exercise Physiology	3
			KIN 421	Principles of Skeletal Muscle Action	3
			KIN 428	Physical Activity & Exercise for Older Adults	3
			PH 334	First Aid & CPR	3
			PHSL 201 -and- 208	Human Physiology w/Lab	4
			Electives	As needed to reach 120 hours	9
					57
Total semester hrs completed with AA degree:		63	Total semester hrs completed with BS degree:		57
			Total hrs to BS degree:		120
<i>Degree Plan updated on 9/9/24 by SG</i>					