

| PROGRAM ARTICULATION DEGREE PLAN | | | | |
|--|--|------------|---|---|
| Southwestern Illinois College | 2023-2024 | | Southern Illinois University Carbondale | |
| AA General - 64 Hours | | | BS Exercise Science (ES) - 120 Hours | |
| | | | University Core Curriculum (UCC) - 39 hrs* | |
| | | Hrs | | Hrs |
| | | | UNIV 101 | Saluki Success |
| COMM 151 | Fundamentals of Public Speaking | 3 | CMST 101 | Intro Oral Communication |
| ENG 101 | Rhetoric & Composition I | 3 | ENGL 101 | English Composition I |
| ENG 102 | Rhetoric & Composition II | 3 | ENGL 102 | English Composition II |
| MATH 112 | College Algebra | 4 | MATH 108 | College Algebra |
| MATH 107, 191 -or- BUS 205 | Gen Ed Stats, Intro Stats -or- Econ & Bus Stats | 4 | MATH 282 | Intro to Statistics |
| | Social & Behavioral Sciences | 3 | SOCIAL SCIENCE | See SIUC Transfer Equivalency Guide |
| PSYC 151 | General Psychology | 3 | PSYC 102 | Intro to Psychology |
| | Humanities | 3 | HUMANITIES | See SIUC Transfer Equivalency Guide |
| | Humanities | 3 | HUMANITIES | See SIUC Transfer Equivalency Guide |
| CHEM 101 | Introductory Chemistry | 5 | CHEM 140A | Chemistry |
| BIOL 100 -or- 101 | Gen Biol: Ecol Evol Genetics -or- Prin Biology I | 4 | PLB 115 -or- BIOL 211 | General Biology -or- Intro Cell Biology & Genetics |
| | Fine Arts | 3 | FINE ARTS | See SIUC Transfer Equivalency Guide |
| HES 154 | Nutrition, Exercise, & Weight Management | 2 | HLTH 1XX | UCC Human Health Sub 100-level |
| | | | MULTICULTURAL | |
| | | 43 | | 0 |
| | | | *An AA from a regionally accredited Illinois community college satisfies UCC requirements | |
| Program Requirements | | | Program Requirements | |
| Electives | | 11 | Any courses not articulated will be used to satisfy general elective credit | |
| CHEM 103 | Intro Organic/Bio Chem | 5 | CHEM 140B | Chemistry |
| HES 152 | First Aid-Medical Self Help | 2 | PH 334 | First Aid & CPR |
| HES 160 | Nutrition Health Fitness Sport | 3 | KIN 381 | Exercise & Nutrition |
| | | 21 | | |
| | | | KIN 201 | Movement Science |
| | | | KIN 300 | Musculoskeletal Anatomy |
| | | | KIN 313 | Motor Behavior |
| | | | KIN 318 | Behavior Aspects of Exercise |
| | | | KIN 320 | Exercise Physiology |
| | | | KIN 321 | Biomechanics of Human Movement |
| | | | KIN 342 | Pharmacology of Sport & Allied Health Professionals |
| | | | KIN 355F -or- 402 | Practicum-Exercise Science -or- Exercise Programming |
| | | | KIN 382 | Graded Cardiovascular Testing & Exercise Prescription |
| | | | KIN 408 | Advanced Exercise Prescription |
| | | | KIN 420 | Advanced Exercise Physiology |
| | | | KIN 421 | Principles of Skeletal Muscle Action |
| | | | KIN 428 | Physical Activity & Exercise for Older Adults |
| | | | Electives | 300/400 level to reach 42 senior institution hours |
| | | | Electives | To reach 120 hours |
| | | | | 56 |
| Total semester hrs completed w/AA degree: | | 64 | Total semester hrs completed w/BS degree: | |
| | | | | 56 |
| | | | Total hrs to BS degree: | |
| | | | | 120 |
| Degree Plan updated on 7/26/23 by SG | | | | |
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