

PROGRAM ARTICULATION DEGREE PLAN					
<b>Southwestern Illinois College</b>	<b>2023-2024</b>		<b>Southern Illinois University Carbondale</b>		
AS General - 64 Hours			BS Exercise Science (ES) - 120 Hours		
			<b>University Core Curriculum (UCC) - 39 hrs*</b>		
		<b>Hrs</b>			<b>Hrs</b>
COMM 151	Fundamentals of Public Speaking	3	UNIV 101	Saluki Success	NA
ENG 101	Rhetoric & Composition I	3	CMST 101	Intro Oral Communication	T
ENG 102	Rhetoric & Composition II	3	ENGL 101	English Composition I	T
MATH 112	College Algebra	4	ENGL 102	English Composition II	T
MATH 107, 191 -or- BUS 205	Gen Ed Stats, Intro Stats -or- Econ & Bus Stats	4	MATH 108	College Algebra	T
	Social & Behavioral Sciences	3	MATH 282	Intro to Statistics	T
PSYC 151	General Psychology	3	SOCIAL SCIENCE	See SIUC Transfer Equivalency Guide	T
	Humanities	3	PSYC 102	Intro to Psychology	T
			HUMANITIES	See SIUC Transfer Equivalency Guide	T
CHEM 101	Introductory Chemistry	5			NA
CHEM 103	Intro Organic/Bio Chem	5	CHEM 140A	Chemistry	T
BIOL 157	Human Anatomy/Physiology I w/Lab	5	CHEM 140B	Chemistry	T
	Fine Arts	3	SC2 1XX	UCC Life Science Sub 100-level	T
HES 154	Nutrition, Exercise & Weight Management	2	FINE ARTS	See SIUC Transfer Equivalency Guide	T
			HLTH 1XX	UCC Human Health Sub 100-level	T
			MULTICULTURAL		NA
		<b>46</b>			<b>0</b>
			*An AS from a regionally accredited Illinois community college satisfies UCC requirements		
<b>Program Requirements</b>			<b>Program Requirements</b>		
Electives		9	<b>Any courses not articulated will be used to satisfy general elective credit</b>		
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	T
HES 152	First Aid-Medical Self Help	2	PH 334	First Aid & CPR	T
HES 160	Nutrition Health Fitness Sport	3	KIN 381	Exercise & Nutrition	T
		<b>18</b>			
			KIN 201	Movement Science	3
			KIN 300	Musculoskeletal Anatomy	3
			KIN 313	Motor Behavior	3
			KIN 318	Behavior Aspects of Exercise	3
			KIN 320	Exercise Physiology	3
			KIN 321	Biomechanics of Human Movement	3
			KIN 342	Pharmacology of Sport & Allied Health Professionals	3
			KIN 355F -or- 402	Practicum-Exercise Science -or- Exercise Programming	2
			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
			Electives	300/400 level to reach 42 senior institution hours	7
			Electives	To reach 120 hours	11
					<b>56</b>
<b>Total semester hrs completed w/AS degree:</b>		<b>64</b>	<b>Total semester hrs completed w/BS degree:</b>		
					<b>56</b>
			<b>Total hrs to BS degree:</b>		
					<b>120</b>
Degree Plan updated on 7/26/23 by SG					