



# TRANSFER GUIDE

## AS General transferring into BS Exercise Science

Southwestern Illinois College Courses			
AS General – 64 hours			
ENG 101-3	Rhetoric & Composition I	CHEM 101-5	Introductory Chemistry
ENG 102-3	Rhetoric & Composition II	CHEM 103-5	Intro Organic/Bio Chem
COMM 151-3	Fundamentals of Public Speaking	Elective-3	Fine Arts
MATH 112-4	College Algebra	HES 154-2	Nutrition, Exercise & Weight Mgmt
1 Course-4	MATH 107, 191 or BUS 205	BIOL 100/101-4	Gen Biol: Ecol Evol Genetics/Prin Biol I
Elective-3	Social & Behavioral Sciences	HES 152-2	First Aid-Medical Self Help
PSYC 151-3	General Psychology	HES 160-3	Nutrition Health Fitness Sport
Elective-3	Humanities	Electives-9	
BIOL 157-5	Human Anatomy/Physlgy I w/Lab		
Southern Illinois University Carbondale Courses			
BS Exercise Science (ES) – 56 hours			
KIN 201-3	Movement Science	KIN 382-3	Graded Cardio Testing & Exer Prescrptn
KIN 300-3	Musculoskeletal Anatomy	KIN 408-3	Advanced Exercise Prescription
KIN 313-3	Motor Behavior	KIN 420-3	Advanced Exercise Physiology
KIN 318-3	Behavior Aspects of Exercise	KIN 421-3	Principles of Skeletal Muscle Action
KIN 320-3	Exercise Physiology	KIN 428-3	Physical Activity & Exercise Older Adults
KIN 321-3	Biomechanics Human Movement	Electives-7	300/400 level
KIN 342-3	Pharmacology Sport & AH Profls	Electives-11	
KIN 355F/402-2	Practicum-Exer Sci/Exer Progmng		
Total Hours to Bachelor Degree: 120 hours			

### Questions? Contact Us!

**Salary Range:** \$48,000-\$60,000

**Possible Careers:** Physical Therapist  
Personal Trainer  
Exercise Specialist  
Exercise Physiologist

**Southwestern Illinois College**  
Ashley Becker, Ph.D.  
Dean, Business  
P: 618-235-2700 ext.5298  
E: [ashley.becker@swic.edu](mailto:ashley.becker@swic.edu)

**Southern Illinois University Carbondale**  
Philip Anton  
Interim Chair, Exercise Science  
P: 618-453-3116  
E: [panton@siu.edu](mailto:panton@siu.edu)

**Disclaimer:** You are encouraged to use this transfer guide when planning your progress towards degree completion. Following a transfer guide does not guarantee admission into the listed program. Information is attempted to be kept current; however, any curriculum changes reflected in the Undergraduate Catalog override the information on this guide. Contact your Academic Advisor for assistance in interpreting this guide.

## Baccalaureate Degree Requirements

Each candidate for a bachelor's degree must complete the requirements listed:

**Hour Requirements.** Student must complete at least 120 semester hrs of credit. Each student must have at least 42 hrs in courses that number 300 or above from a four-year institution.

**Residence Requirements.** Student must complete the residency requirement by taking a total of 42 semester hrs at SIU Carbondale.

**Grade Point Average Requirements.** Student must have a C average for all work taken at SIU Carbondale. Some academic programs may require a higher graduating major GPA.

## Compact Agreement

SIU Carbondale has recognized Illinois regionally accredited community college transferable baccalaureate-oriented Associate of Arts or Associate of Science degrees under the Compact Agreement since 1970. SIUC will continue to recognize the baccalaureate oriented associate degree (A.A. or A.S. degree) under the Illinois Articulation Initiative as satisfying SIU University Core Curriculum (UCC) requirements. The Associate of Applied Science (A.A.S.), Associate in Engineering Science (A.E.S.), the Associate in General Studies (A.G.S.), and the Associate in Fine Arts (A.F.A.) are not covered under the Compact Agreement and do not carry the same benefits as the A.A. and A.S. degrees.

## Saluki Transfer Pathways

[Saluki Transfer Pathways](#) is the university's dual admission program that allows baccalaureate-oriented students at eligible community colleges intending to transfer to SIU Carbondale to benefit from early admission and pre-advisement for a baccalaureate program at SIUC. Saluki Transfer Pathways allows students to be conditionally admitted to SIU Carbondale up to two years in advance of their intended transfer term so they have access to transfer credit evaluation and the university's degree audit system. This allows students to address major specific requirements that may not be automatically fulfilled with the completion of an associate degree. Students apply to Saluki Transfer Pathways by completing the Application for Undergraduate Admission and indicating an interest in the program. To participate, students must have at least two semesters remaining at their community college. Direct questions about the Saluki Transfer Pathways program to [transfer@siu.edu](mailto:transfer@siu.edu).

## DegreeWorks

DegreeWorks is an easy-to-use, online degree audit tool specifically designed for students. Once admitted to SIU Carbondale, you can use it monitor your progress toward your degree in [Salukinet](#).

## Saluki Transfer Estimator Portal (STEP)

The [Saluki Transfer Estimator Portal](#) (STEP) is a web-based tool that integrates institutional course equivalency and degree audit data to provide an unofficial credit estimation and a more seamless transfer process. STEP gives transfer students a clear roadmap for timely degree completion by providing key information about how transfer credits apply to your intended program at SIU.