

PROGRAM ARTICULATION DEGREE PLAN				
Southwestern Illinois College	2023-2024		Southern Illinois University Carbondale	
AS 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	NA
CHEM 101	Introductory Chemistry	5	CHEM 140A	Chemistry
CHEM 103	Intro Organic/Bio Chem	5	CHEM 140B	Chemistry
BIOL 157	Human Anatomy/Physiology I w/Lab	5	SC2 1XX	UCC Life Science Sub 100-level
	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	NA
		46		0
			*An AS 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	
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
HES 160	Nutrition Health Fitness Sport	3	KIN 381	Exercise & Nutrition
		18		
			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
			PH 334	First Aid & CPR
			Electives	300/400 level to reach 42 senior institution hours
			Electives	To reach 120 hours
				56
Total semester hrs completed w/AS degree:		64	Total semester hrs completed w/BS degree:	56
			Total hrs to BS degree:	120
<i>Degree Plan updated on 7/26/23 by SG</i>				