

Course Transfer Table  
**B.S. DEGREE: FITNESS AND WELLNESS MAJOR**  
**(On Campus)**

**2015-16 Catalog**  
**Mayville State University**

**2013-15 Catalog**  
**Lake Region State College**

**Prerequisites: BIOL 111/111L or BIOL 150/150L, BIOL 220/220L, HPER 210. (Note that PSYC 111 and SOC 110 are prerequisites to some Wellness electives.)**

**CORE REQUIREMENTS: (42 Hours)**

| Prefix/Num | Course Title                | Sem Cr | Prefix/Num | Course Title                  | Sem Cr |
|------------|-----------------------------|--------|------------|-------------------------------|--------|
| BIOL 221/L | Anatomy & Physiology II/L   | 3/1    | BIOL 221/L | Anatomy & Physiology II       | 3/1    |
| HPER 207   | Prevention & Care Injuries  | 3      | HPER 207   | Prevention & Care of Injuries | 3      |
| HPER 217   | Personal & Comm Health      | 2      |            |                               |        |
| HPER 222   | Nutrition                   | 3      | NUTR 240   | Principles of Nutrition       | 3      |
| HPER 233   | Individual Fitness          | 1      |            |                               |        |
| HPER 310   | Found & Hist Health/PE/Spt  | 2      |            |                               |        |
| HPER 340   | Modern Iss & Mat in Health  | 3      |            |                               |        |
| HPER 350   | Motor Learning              | 2      |            |                               |        |
| HPER 368   | Principles of Conditioning  | 3      |            |                               |        |
| HPER 402   | Exercise Physiology         | 4      |            |                               |        |
| HPER 415   | Evaluation Psychomotor Perf | 3      |            |                               |        |
| HPER 430   | Methods App, Test, Pres     | 3      |            |                               |        |
| HPER 441   | Applied Kinesiology         | 3      |            |                               |        |
| HPER 465   | Sport Law                   | 3      |            |                               |        |
| SPED 389   | Foundations of Spec Ed      | 3      |            |                               |        |

**REQUIRED SPECIALIZATION: INTERNSHIP/WELLNESS (13 Hours)**

|             |                          |   |  |  |  |
|-------------|--------------------------|---|--|--|--|
| HPER 476S-D | Comp Review Exam (Fit/W) | 1 |  |  |  |
| HPER 497S   | Internship               | 2 |  |  |  |

**Wellness Electives: Select 10 hrs from the following**

|           |                              |   |          |       |   |
|-----------|------------------------------|---|----------|-------|---|
| HPER 302  | Emergency Medical Technician | 3 | HPER 220 | EMT I | 3 |
| HPER 332  | Comp Health Ed K-12          | 3 |          |       |   |
| HPER 360  | Sport & Exercise Psychology  | 2 |          |       |   |
| HPER 380  | Sport Sociology              | 2 |          |       |   |
| HPER 390  | Facilities Design & Mgmt     | 3 |          |       |   |
| PSYC 255  | Child and Adolescent Psyc    | 3 |          |       |   |
| PSYC 280  | Group Dynamics               | 3 |          |       |   |
| PSYC 361  | Social Psychology            | 3 |          |       |   |
| ~PSYC 450 | Health Psychology            | 3 |          |       |   |
| SOC 335   | Marriage & Family            | 3 |          |       |   |
| SOC 351   | Sociology of Aging           | 3 |          |       |   |
| SOC 355   | Drugs and Society            | 3 |          |       |   |

~ Psyc 435 not a required co-requisite to Psyc 450 for HPER students

**STUDENTS MUST CHOOSE ONE SPECIALIAZATION FROM THE OPTIONS BELOW:**

**SPECIALIZATION: EXERCISE SCIENCE (19 hours)**

|            |                          |     |            |                        |     |
|------------|--------------------------|-----|------------|------------------------|-----|
| CHEM 121/L | General Chemistry I/Lab  | 3/1 | CHEM 121/L | Gen Chem I/Lab         | 3/1 |
| CHEM 122/L | General Chemistry II/Lab | 3/1 | CHEM 122/L | Gen Chem II/Lab        | 3/1 |
| MATH 323   | Probability & Statistics | 3   |            |                        |     |
| PHYS 211/L | College Physics I/Lab    | 3/1 | PHYS 211/L | College Physics I/Lab  | 3/1 |
| PHYS 212/L | College Physics II/Lab   | 3/1 | PHYS 212/L | College Physics II/Lab | 3/1 |

**B.S. Degree: Fitness and Wellness Major, cont.  
(On Campus)**

**SPECIALIZATION: FITNESS PEDAGOGY (16 Hrs)**

|  |                            |   |          |                    |   |
|--|----------------------------|---|----------|--------------------|---|
| HPER 120                                 | Racquet Sports             | 1 |          |                    |   |
| HPER 319                                 | Health & PE in Elem        | 2 |          |                    |   |
| HPER 333                                 | PE Exceptional Child       | 2 |          |                    |   |
| HPER 342                                 | Phys Act Inst Older Adults | 3 |          |                    |   |
| HPER 370                                 | Fitness/Sports Teaching    | 3 |          |                    |   |
| 1 hr HPER Aquatics from HPER 219,263,265 |                            |   | HPER 219 | Lifeguard Training | 1 |
|  |                            | 1 |          |                    |   |

**Electives: Select 4 hrs from the following**

|          |                            |   |  |  |  |
|----------|----------------------------|---|--|--|--|
| HPER 130 | Spring Outdoor Pursuits    | 1 |  |  |  |
| HPER 131 | Fall Outdoor Pursuits      | 1 |  |  |  |
| HPER 135 | Golf                       | 1 |  |  |  |
| HPER 153 | Recreational Sports        | 1 |  |  |  |
| HPER 206 | Social/Folk Dance          | 1 |  |  |  |
| HPER 315 | Movement Ed in Early Child | 2 |  |  |  |