Mayville State University 2/2/2023

B.S. FITNESS AND WELLNESS

Course Transfer Table

2022-2023 Academic Catalog Mayville State University

2022-2023 Academic Catalog Presentation College

ESSENTIAL STUDIES: 36 semester credits required, including those listed as program prerequisites here.

Prefix/Num	Course Title	Credits	Prefix/Num	Course Title	Credits
BIOL 111/L OR	Concepts of Biology/Lab OR	2/4			
BIOL 150/L	General Biology/Lab	3/1	BI 153/BL 153	General Biology/Lab	3/1
BIOL 220	Anatomy & Physiology I	3	BI 213	Human Anatomy/Physiology I	3
BIOL 220L	Anatomy & Physiology I Lab	1	BL 211	Human Anatomy/Phys I Lab	1
HPER 100	Concepts of Fitness/Wellness	2	EXSC 213	Intro to Fitness	3
HPER 200	Technology in HPER	1			
HPER 210	First Aid & CPR	1	EXSC 112	First Aid & Emergency	2

CORE REQUIREMENTS: (43 Hours)

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Anatomy & Physiology II	3	BI 293	Human Anatomy & Physiology II	3
Anatomy & Physiology II	1	BL 291	Human Anatomy & Phys II Lab	1
Prevention & Care of Injuries	3	EXSC 333	Care & Prevention of Injuries	3
Personal & Community Health	2	EXSC 312	Health Promotion Programming	2
Nutrition	3			
Individual Fitness	2	EXSC 242	Fitness Activities	2
Found Hist Health/PE/Sports	2			
Modern Issues & Mat In Health	3	EXSC 300	Variable Topics in Exercise Sci	1-3
Motor Learning	2	EXSC 303	Motor Develop & Learning	3
Principles of Conditioning	3	EXSC 353	Program Design & Mgmt	3
Facilities and Design Mgmt	3	EXSC 322	Fitness & Facility Mgmt	2
Exercise Physiology	4	EXSC 373	Exercise Physiology	3
Eval of Psychomotor Performance	3			
Meth Appraisal/Test/Prescrip Exer	3	EXSC 343	Fitness Measurements & Prescr	3
Applied Kinesiology	3	EXSC 393	Kinesiology	3
Sport Law	3			
ness (3 Credits)				
Comp Review/Exam - Fit/Wellnes	1	EXSC 401	Exercise Science Capstone	1
Internship	2	EXSC 492	Internship	2
	Anatomy & Physiology II Prevention & Care of Injuries Personal & Community Health Nutrition Individual Fitness Found Hist Health/PE/Sports Modern Issues & Mat In Health Motor Learning Principles of Conditioning Facilities and Design Mgmt Exercise Physiology Eval of Psychomotor Performance Meth Appraisal/Test/Prescrip Exer Applied Kinesiology Sport Law ness (3 Credits) Comp Review/Exam - Fit/Wellnes	Anatomy & Physiology II Prevention & Care of Injuries 3 Personal & Community Health 2 Nutrition 3 Individual Fitness Found Hist Health/PE/Sports 2 Modern Issues & Mat In Health 3 Motor Learning Principles of Conditioning 3 Facilities and Design Mgmt 3 Exercise Physiology 4 Eval of Psychomotor Performance 3 Meth Appraisal/Test/Prescrip Exer 3 Applied Kinesiology 3 Sport Law 3 ness (3 Credits) Comp Review/Exam - Fit/Wellnes 1	Anatomy & Physiology II Prevention & Care of Injuries 3 EXSC 333 Personal & Community Health 2 EXSC 312 Nutrition Individual Fitness 2 EXSC 242 Found Hist Health/PE/Sports Modern Issues & Mat In Health 3 EXSC 300 Motor Learning 2 EXSC 303 Principles of Conditioning 3 EXSC 353 Facilities and Design Mgmt 3 EXSC 353 Facilities and Design Mgmt 3 EXSC 322 Exercise Physiology 4 EXSC 373 Eval of Psychomotor Performance Meth Appraisal/Test/Prescrip Exer 3 Applied Kinesiology 3 Sport Law ness (3 Credits) Comp Review/Exam - Fit/Wellnes 1 EXSC 401	Anatomy & Physiology II Prevention & Care of Injuries Sexsoc 333 Sexsoc 332 Sexsoc 312 Sexsoc 324 Sexsoc 324 Sexsoc 325 Sexsoc 326 Sexsoc 327 Sexsoc 327 Sexsoc 328 Sexsoc 328 Sexsoc 329 Sexsoc 320 Sexsoc 321 Sexsoc 322 Sexsoc 322 Sexsoc 323 S

Wellness Electives: (10 Credits)

AH 341	Epidemiology in Exersice & Health	3			
HPER 302	Emergency Medical Technician	3			
HPER 305	Sport Ethics	3			
HPER 332	Comprehensive Health Ed K-12	3			
HPER 360	Sport & Exercise Psychology	2			
HPER 380	Sport Sociology	2			
HPER 460	Sport in a Diverse Society	3			
PSYC 255	Child & Adolescent Psychology	3	PS 333	Child & Adolescent Psyc	3
SOC 355	Drugs and Society	3			

PC TRANSFER-OUT STUDENTS ARE RECOMMENDED TO SELECT ONE SPECIALIAZATION FROM THE OPTIONS BELOW:

EXERCISE SCIENCE SPECIALIZATION: 19 credits

CHEM 121	General Chemistry I	3	CH 153	College Chemistry I	3
CHEM 121L	General Chemistry I Lab	1	CL 151	College Chemistry I Lab	1

Mayville State University						
General Chemistry II	3	CH 163	College Chemistry II	3		
General Chemistry II Lab	1	CL 161	College Chemistry II Lab	1		
Probability & Statistics	3					
College Physics I	3	PC 103	Fundamentals of Physics I	3		
College Physics I Lab	1	PL 101	Fund of Physics I Lab	1		
College Physics II	3	PC 113	Fundamentals of Physics II	3		
College Physics II Lab	1	PL 111	Fund of Physics II Lab	1		
AGOGY SPECIAL IZATION: 19 credits						
	2	IEXSC 3082	Riomechanics	2		
•		LX00 0002	Diomedianies	2		
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Fitness/Sports Teaching Tech	3					
Electives: 4 credits						
Racquet Sports	1					
Spring Outdoor Pursuits	1					
Fall Outdoor Pursuits	1					
Golf	1					
Team Sports	1					
Recreational Sports	1					
Social/Folk Dance	1					
Rhythms and Tumbling	1					
One of the following: 1 credit						
Lifeguard Training	1					
Swimming/Basic Water Safety	1					
Water Safety Instructor	2					
	General Chemistry II General Chemistry II Lab Probability & Statistics College Physics I College Physics I Lab College Physics II Lab College Physics II Lab AGGY SPECIALIZATION: 19 credits Movement Ed in Early Childhood Health & Phy Ed in Elem School Adapted Physical Education Phys Activity Inst Older Adult Methods of Group Exercise Inst Fitness/Sports Teaching Tech edits Racquet Sports Spring Outdoor Pursuits Fall Outdoor Pursuits Golf Team Sports Recreational Sports Social/Folk Dance Rhythms and Tumbling owing: 1 credit Lifeguard Training Swimming/Basic Water Safety	General Chemistry II Lab General Chemistry II Lab Probability & Statistics College Physics I College Physics I Lab College Physics II Lab College Physics II Lab College Physics II Lab College Physics II Lab AGOGY SPECIALIZATION: 19 credits Movement Ed in Early Childhood Health & Phy Ed in Elem School Adapted Physical Education Phys Activity Inst Older Adult Methods of Group Exercise Inst Fitness/Sports Teaching Tech edits Racquet Sports Spring Outdoor Pursuits Fall Outdoor Pursuits Golf Team Sports Recreational Sports Social/Folk Dance Rhythms and Tumbling owing: 1 credit Lifeguard Training Swimming/Basic Water Safety 1	General Chemistry II General Chemistry II Lab Probability & Statistics College Physics I College Physics I Lab College Physics II Lab College Physics II Lab Tollege Physics II	General Chemistry II General Chemistry II Lab Probability & Statistics College Physics I College Physics I Lab College Physics I Lab College Physics II Berry II College Physics II Berry II College Physics II Berry II Berry II College Physics II II Berry II Berry II College Physics II Lab AGOGY SPECIALIZATION: 19 credits Movement Ed in Early Childhood Health & Phy Ed in Elem School Adapted Physical Education Phys Activity Inst Older Adult Methods of Group Exercise Inst Fitness/Sports Teaching Tech addits Racquet Sports Spring Outdoor Pursuits II Fall Outdoor Pursuits II Golf Team Sports II Recreational Sports II Social/Folk Dance II Rhythms and Tumbling II Swimming/Basic Water Safety II College Chemistry II Lab PC 103 Fundamentals of Physics I PL 101 Fund of Physics II Fund		