



Degree: AAS

Degree: BS

Major: Health & Fitness Science

Major: Exercise and Sport Science

Credits completed in transfer: 64

Credits completed at Methodist U: 60

Graduates with a major in Exercise and Sport Science will have the skills and knowledge to become personal trainers, exercise professionals, or strength and conditioning specialists. As exercise professionals, graduates will be involved in developing and implementing individualized approaches to exercise leadership in healthy populations and/or for those individuals with medical clearance to exercise. Graduates of the program will be proficient in writing appropriate exercise recommendations, leading and demonstrating safe and effective methods of exercise, and motivating individuals to begin and to continue with their healthy behaviors. Students will have the opportunity to sit for professional certification examinations offered by NSCA and ACSM. Graduates may also pursue graduate opportunities in cardiac rehabilitation, exercise physiology, nutrition, strength and conditioning, etc. Learn more at <https://www.methodist.edu/academics/program/exercise-sport-science/>

Fall Semester I Courses	Credits	Methodist University Equivalencies
ACA 115 Success & Study Skills	1	Non-transferable
ENG 111 Writing and Inquiry	3	ENG 1010 Composition
HFS 110 Exercise Science	4	KIN 2900 Structural Kinesiology (3) + GEN ELEC (1)
HFS 111 Fitness & Exer Testing I	4	KIN 3050 Measurement & Evaluation (3) + GEN ELEC (1)
MED 120 Survey of Med Terminology	2	General Elective
PED 113 Aerobics I	1	WEL 2010 Physical Activities
Total Semester Credit Hours	14	

Spring Semester I Courses	Credits	Methodist University Equivalencies
BIO 155 Nutrition	3	KIN 2400 Human Nutrition
COM 231 Public Speaking	3	CME 1510 Speech Communication
HFS 116 Prevention & Care of Exercise Injuries	3	KIN 2590 Prevention & Care of Exercise Injuries
HFS 118 Fitness Facility Mgmt	3	KIN 4000 Facility Management
MAT 143, 152, 171, 172, 263, 271, 272, 273	3	Fulfills Mathematics general education requirement
PED 117 Weight Training I	1	KIN 1200 Weight Training Techniques* (PED 117 + 118)
Total Semester Credit Hours	16	

Summer Semester Courses	Credits	Methodist University Equivalencies
HEA 112 First Aid & CPR	2	KIN 2170 First aid/CPR/AED
PSY 150 General Psychology	3	PSY 1010 General Psychology
ART 111, 114, 115 or MUS 110, 112	3	Fulfills Fine Arts general education requirement
Total Semester Credit Hours	8	

Fall Semester I Courses	Credits	Methodist University Equivalencies
BIO 168 Anatomy & Physiology I	4	KIN 2850 Kinetic Human Anatomy (3) + GEN ELEC (1)
BUS 139 Entrepreneurship I	3	BUS 3010 Entrepreneurship
HFS 212 Exercise Programming	3	KIN 3100 Health Related Physical Assessment
HFS 218 Lifestyle Change & Wellness	4	WEL 2180 Concepts of Fitness and Nutrition (3) + ELEC (1)
PED 118 Weight Training II	1	KIN 1200 Weight Training Techniques* (PED 117 + 118)
WBL 111 Work-Based Learning I	1	Non-transferable
WBL 115 Work-Based Seminar I	1	Non-transferable
Total Semester Credit Hours	15	

Spring Semester II Courses	Credits	Methodist University Equivalencies
BIO 169 Anatomy & Physiology II	4	KIN 2860 Survey of Human Physiology (3) + GEN ELEC (1)
HFS 120 Group Exercise Instruction	3	General Elective
HFS 210 Personal Training	3	KIN 4115 Personal Training
HFS 214 Health and Fitness Law	3	Non-transferable
PED 122 Yoga I OR PED 217 Pilates	1	WEL 2010 Physical Activities
WBL 121 Work-Based Learning II	1	Non-transferable
Total Semester Credit Hours	14	
Completion of AAS Degree: 64 transferable credit hours (limit of 64 in transfer)		

Methodist University

5th Semester Courses

CSC 1000 Comp Literacy Intro Comp/Info Tech	3
ENG 1040 Composition & Rhetoric	3
KIN 2110 Professions & Development in Health Science	1
Natural Science Elective	3
KIN 2150 Research Seminar	2
General elective	3

Total Semester Credit Hours

Credits

3
3
1
3
2
3
15

Transfer students with 12+ total transferable credits earned after high school graduation will be waived from the following requirements:

MUJ 1100
MUJ 2200
MUJ 3300

All courses must be graded "C" or better in order to transfer.

6th Semester Courses

History Elective	3
KIN 3600 Motor Learning	3
KIN 2920 Internship I	2
KIN 3120 Biomechanics	3
Natural Science Elective	4

Total Semester Credit Hours

Credits

3
3
2
3
4
15

A maximum of 64 credits are accepted from community college coursework.

Library Competency (zero credits) must be completed within the first semester at Methodist University.

Methodist University reserves the right to correct any errors found in this guide and to update this information as curriculum changes.

7th Semester Courses

KIN 3080 Sport & Exercise Psychology	3
KIN 4120 Clinical Exercise Testing	3
KIN 4110 Strength and Conditioning	3
Religion Elective with Global Perspective	3
KIN 3040 Physiology of Exercise	3

Total Semester Credit Hours

Credits

3
3
3
3
3
15

Applicants are expected to demonstrate overall success at all former institutions attended and must be eligible to return to the last postsecondary institution attended. In addition, transfer applicants must provide Methodist University with official copies of all high school transcripts, high school equivalency diploma/test results, and postsecondary transcripts.

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8th Semester Courses

KIN 4200 Clinical Exercise Physiology	3
IDS 2100 Reading Circle	1
KIN 4300 Psychosocial Aspects of Exercise and Sport	3
Liberal Arts Elective	3
General elective	2
Literature Elective	3

Total Semester Credit Hours

Credits

3
1
3
3
2
3
15

Completion of B.S. degree

124