

Exercise Science Transfer Pathway (AS)

60 Credits

The Exercise Science Transfer Pathway AS offers students a powerful option: the opportunity to complete an Associate of Science degree with course credits that directly transfer to designated Exercise Science bachelor's degree programs at Minnesota State universities. The curriculum has been specifically designed so that students completing this pathway degree and transferring to one of the seven Minnesota State universities enter the university with junior-year status. All courses in the Transfer Pathway associate degree will directly transfer and apply to the designated bachelor's degree programs in a related field.

Students obtaining the Exercise Science degree will have a strong working knowledge of exercise and sport physiology, applied kinesiology and positive behavior change. This degree incorporates active classroom learning. These skills are emphasized to prepare students for future performance and therapeutic applications.

Universities within the Minnesota State system include Bemidji State University; Metropolitan State University; Minnesota State University, Mankato; Minnesota State University Moorhead; Southwest Minnesota State University; St. Cloud State University; and Winona State University.

Core Courses – 17 Credits

EXSC 1129	Fitness for Life 1	2 cr
EXSC 1200	Beginning Weight Training	1 cr
EXSC 2300	Introduction to Exercise Science	3 cr
EXSC 2305	Exercise Physiology	3 cr
EXSC 2310	Foundations of Personal Training	3 cr
EXSC 2315	Fitness Assessment and Exercise Prescription	3 cr
EXSC 2330	Applications of Personal Training	2 cr

Additional Required Courses – 43 Credits

ENG 1101	College Writing	4 cr
BIOL 1501	Principles of Biology 1	5 cr
BIOL 2041	Human Anatomy	4 cr
BIOL 2042	Human Physiology	4 cr
CHEM 1050	Foundations of Organic and Biochemistry	3 cr
HLTH 1107	Principles of Nutrition	3 cr
PSYC 1110	Introduction to Psychology	4 cr

Complete one of the following four courses:

COMM 1100	Introduction to Communication	3 cr
COMM 1101	Fundamentals of Public Speaking	3 cr
COMM 1111	Interpersonal Communication	3 cr
COMM 1121	Small Group Communication	3 cr

Complete one of the following three courses:

MATH 1080	Introduction to Statistics	4 cr
MATH 1090	STATWAY Statistics 2	4 cr
MATH 1095	STATWAY Statistics: Accelerated	4 cr

Complete one course from MnTC Goal 5 (non PSYC course) 3-4 cr

Complete two courses from two different MnTC Goal Areas: 7, 8, 9 or 10 6 cr

Other Degree Requirements

- Earn a minimum cumulative grade point average (GPA) of 2.0 for college-level coursework (courses numbered 1000 and above) completed at Normandale.
- Earn a minimum of 15 college-level credits at Normandale.
- Elective credits – additional course(s) numbered 1000 and above, if needed to complete the 60 credit requirement

Coursework in this degree program satisfies a portion of the Minnesota Transfer Curriculum (MnTC). Please see MnTC Degree Audit Report.