

Exercise Science Transfer Pathway

Winona Campus

OVERVIEW

The need for educated professionals in the field of fitness and nutrition is greater than ever.

Are you passionate about fitness, health, and wellness? A 2-year degree in Exercise Science from Minnesota State College Southeast in Winona will prepare you to make a meaningful difference in this exciting career field.

With obesity and chronic disease on the rise, the need for educated professionals in the field of fitness and nutrition is greater than ever.

When you earn an Associate of Science degree in Exercise Science, you will develop a thorough understanding of the human body, including the principles of biology, chemistry, nutrition, human anatomy, human physiology, and kinesiology as they relate to physical fitness and wellness.

Graduates will be ready to explore workforce options right away, or seamlessly transfer to a related major at a Minnesota State university.

Transfer opportunities include college and university programs in physical therapy, exercise physiology, public health, rehabilitative medicine, and other health-related fields.

MAJORS WITHIN

Exercise Science Transfer Pathway AS Degree 60 Credits

Estimated costs for each major including tuition, books and supplies are posted on southeastmn.edu under Academics > Academic Programs by Degree.

PROGRAM OUTCOMES

Program graduates will be able to:

1. Demonstrate sound foundational understanding of the principles of biology, chemistry, nutrition, human anatomy, human physiology, and kinesiology as they relate to physical fitness and wellness.
2. Demonstrate basic laboratory skills pertaining to assessments, laboratory methods, sound experimental and analytical practices, data acquisition, and reporting in the exercise sciences.
3. Advocate nutrition and physically active lifestyles as a means to improve quality of life and reduce the prevalence of lifestyle-related diseases.
4. Recognize the limitations and scope of practice for the exercise science professional as it relates to typical clients and special populations.
5. Demonstrate requisite skills and abilities for maintaining professional status and meaningful employment and/or continuing education in exercise science related areas.



PROGRAM HIGHLIGHTS

By developing a thorough understanding of the human body, students in the Exercise Science program are prepared for a variety of careers in health-related fields.

Program graduates can seamlessly transfer to the Athletic Training program at Winona State University.

Additional transfer opportunities into other college and university programs in physical therapy, exercise physiology, public health, rehabilitative medicine, and other health-related fields.

CAREER OPPORTUNITIES

Athletic Trainer
Exercise Physiologist
Personal Fitness Trainer
Aerobics Instructor
Physical Therapist
Physical Therapy Assistant

Exercise Science - Associate of Science Program Plan

Please note that this is a sample program schedule. Your schedule may vary depending upon your needs, goals, and course availability.
 Please meet with your advisor to plan your schedule each semester.

Course No.	Course Name	Credits
First Semester (Fall)		
ENGL1215	College Writing I	3
MATH1230	Statistics	3
BIOL1201	Introduction to Biology	4
EXSC1280	Introduction to Exercise Science	3
INSP1525	Career & Education Planning	1
Semester total		14
Second Semester (Spring)		
ENGL2525	College Writing II	3
BIOL 1226	Anatomy & Physiology I	4
CHEM1122	Environmental Chemistry	3
HUMA1125	Moral Problems	3
PSYC1110	Introduction to Psychology	3
Semester total		16
Third Semester (Fall)		
BIOL2516	Anatomy & Physiology II	4
BIOL1226	Nutrition	3
SOCS1110	Intro to Sociology	3
THPY1410	Kinesiology	3
COMM1218	College Speech OR	-
COMM1228	Interpersonal Communications	3
Semester total		16
Fourth Semester (Spring)		
MEDS1610	Pharmacology	2
PSYC2522	Positive Psychology	3
HUMA1445	Women's Studies	3
SPAN1230	Hispanic Cultures	3
EXSC1204	Personal & Community Health	3
Semester total		14
Total Required Credits		60

Minnesota State College Southeast **INDIVIDUALIZED STUDIES Degree/Exercise Science** Planning Worksheet

(I.S.: 40 MnTC credits and 20 Career Focus credits OR TCP: 40 MnTC credits)

Exercise Science Program Plan

Part I. Gen Eds for Transfer Curriculum Courses or IS Degree					
Prefix	No	Course Title	Cr	Gr	Term
Goal 1: Written and Oral Communications (9 cr)					
ENGL	1215	College Writing I (required)	3		
COMM	1218 or 1228	College Speech OR Interpersonal Communications (required)	3		
ENGL	2525	College Writing II (required)	3		
Goal 2: Critical Thinking (0 – 3 cr)					
Goal 3: Natural Science (6 – 8 cr – two courses with two different subject areas, one course with traditional lab)					
BIOL	1226	Nutrition	3		
CHEM	1122	Environmental Chemistry	3		
Goal 4: Mathematical / Logical Reasoning (3 cr)					
MATH	1230	Statistics	3		
Goal 5: History and the Social Behavioral Sciences (9 cr – three courses with two different subject areas)					
PSYC	1110	Intro to Psychology	3		
PSYC	2522	Positive Psychology	(3)		
SOCS	1110	Intro to Sociology	3		
Goal 6: The Humanities (9 cr – three courses with two different subject areas)					
HUMA	1125	Moral Problems/Ethics	3		
HUMA	1445	Women’s Studies	(3)		
SPAN	1230	Hispanic Culture	3		
Goal 7: Human Diversity (3 cr)					
SOCS	1110	Intro to Soc	(3)		
Goal 8: Global Perspective (3 cr)					

HUMA	1445	Women’s Studies	3		
Goal 9: Ethical and Civic Responsibility (3 cr)					
PSYC	2522	Positive Psychology	3		
Goal 10: People and the Environment (3 cr)					
BIOL	1201	Intro to Biology	4		

Part II. Transfer Degree or Career Focus Plan
Please briefly describe your occupational or future educational plan so that it is clear how these courses work towards that goal(s).

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Part III. Career Focus Credits for Exercise Science AS Degree					
Prefix	No	Course Title	Cr	Gr	Term
INSP	1525	Career & Education Planning (required)	1		
EXSC	1204	Personal & Community Health	3		
EXSC	1280	Introduction to EXCS	3		
BIOL	2515	Anatomy & Physiology I	4		
BIOL	2516	Anatomy & Physiology II	4		
MEDS	1610	Pharmacology	2		
THPY	1410	Kinesiology	3		
Career Focus credits (20 credits)					

Degree Checklist -

- I have received 33% or more of the program credits from MSCS.
- I have earned a 2.0 GPA or greater. My overall GPA _____. My Mn Transfer Curriculum GPA _____.
- Once this plan has been successfully completed, you are ready to apply for graduation. See your Degree Advisor.