

Exercise Science Transfer Pathway

Winona Campus

Overview

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

When you earn the Exercise Science Transfer Pathway associate of science degree, 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 have the background 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

southeastmn.edu

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This document is available in an alternative format upon request by calling 877-853-8324 or 507-453-2700.

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	Goal
First Semester (Fall)			
BIOL1226	Nutrition	3	3
CHEM 1122	Environmental Chemistry	3	3 & 10
ENGL1215	College Writing I	3	1
EXSC 1204	Personal & Community Health	3	
INSP1525	Career & Education Planning	1	
PSYC 1110	Intro to Psychology*	3	5 & 7
Semester total		16	
Second Semester (Spring)			
COMM 1218	College Speech	3	1
ENGL 2525	College Writing II	3	1
BIOL 2515	Anatomy & Physiology I	4	3
PSYC 2522	Positive Psychology	3	5 & 9
SOCS1110	Introduction to Sociology	3	5 & 7
Semester total		16	
Third Semester (Fall)			
BIOL 2516	Anatomy & Physiology II	4	3
COMP 1150	Computer Applications - suggested	2	
EXSC 1280	Introduction to Exercise Science	3	
Goal 6	HUMA 1125: Moral Problems - recommended	3	6 & 9
MATH 1230	Introduction to Statistics	3	4
Semester total		15	
Fourth Semester (Spring)			
ELECT	BUSN 2000 Small Business Development	3	
ELECT	MEDS 1410: Medical Terminology suggested	4	
Goal 6	Technology Ethics - recommended	3	6 & 9
Goal 6	Intro to Hispanic Cultures - recommended	3	6 & 8
Semester total		13	
Total Required Credits		60	

Maximize your transfer potential!

The sample plan would also complete the Liberal Arts & Science, AA degree requirements.

*If you need the BIOL 2515: Anatomy & Physiology I prerequisite, substitute BIOL 1200: Human Biology during semester 1 and move PSYC 1110: Introduction to Psychology to a later semester.

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*Effective Spring 2026

Program Requirements					
Prefix	##	Course Title	Cr	Gr	Term
Goal 1: Written and Oral Communications (9 cr)					
ENGL	1215	College Writing I	3		
COMM	1218	College Speech*	3		
ENGL	2525	College Writing II	3		
Goal 2: Critical Thinking (0 – 3 cr)					
Goal 3: Natural Science (14 cr) 2 prefixes, at least one lab					
BIOL	1226	Nutrition	3		
CHEM	1122	Environmental Chemistry**	3		
BIOL	2515	Anatomy & Physiology I	4		
BIOL	2516	Anatomy & Physiology II	4		
Goal 4: Mathematical / Logical Reasoning (3 cr)					
MATH	1230	Statistics	3		
Goal 5: History & Behavioral Science (9 cr) with two different prefixes					
PSYC	1110	Intro to Psychology	3		
PSYC	2522	Positive Psychology	3		
SOCS	1110	Intro to Sociology	3		
Goal 6: Humanities (9 cr – three courses with two different prefixes)					
		~Goal 6	3		
		~Goal 6	3		
		~Goal 6	3		
~Recommend HUMA 1445 (Goal 6 & 8), HUMA 1125, and SPAN1230					

Goal 7: Human Diversity (3 cr)					
SOCS	1110	Intro to Sociology	(3)		
Goal 8: Global Perspective (3 cr)					
		(Typically fulfilled with HUMA 1445 (Goal 6 & 8))			
Goal 9: Ethical and Civic Responsibility (3 cr)					
PSYC	2522	Positive Psychology	(3)		
Goal 10: People and the Environment (3 cr)					
CHEM	1122	Environmental Chem**	(3)		
Required Career Focus Credits (7 cr)					
INSP	1525	Career & Education Planning	1		
EXSC	1204	Personal & Community Health	3		
EXSC	1280	Introduction to EXCS	3		
Elective Career Focus Credits (see below) (9 cr)					
		Elective-			
		Elective-			
		Elective-			
Choose Elective Career Focus Credit options from: BUSN 2000 Small Business Development (3) BIOL1200 Human Biology (4) BIOL2540 Pathophysiology (3) MEDS1210 Medical Terminology (4) HLTH1105 Personal health and Fitness I (1) HLTH1110 Personal Health and Fitness II (1) WSU courses as approved by advisor					

**Alternative transfer level CHEM course may be substituted for CHEM 1122, note: will need to fulfill Goal 10 another way.

Completion Checklist

- ☐ Complete a total of 60 credits, including all 10 MnTC Goals
- ☐ Complete 33% or more of the program credits from Minnesota State College Southeast.
- ☐ Earn a 2.0 GPA or greater. My overall GPA _____. My Mn Transfer Curriculum GPA _____.
- ☐ This plan has been approved by my advisor
- ☐ I have applied for graduation