

Transfer Guide – Methodist University – 2023-24 Academic Year



Degree: AAS

Degree: BS

Major: Health and 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. Learn more at [methodist.edu/academics/program/exercise-sport-science/](http://methodist.edu/academics/program/exercise-sport-science/)

Fall Semester I Courses	Credits	Methodist University Equivalencies
ACA 122 College Transfer Success	1	Non-transferable
BIO 111 General Biology I	4	BIO 1530 Fundamentals of Biology I
ENG 111 Writing and Inquiry	3	ENG 1010 Composition
PSY 150 General Psychology	3	PSY 1010 General Psychology
HFS 110 Exercise Science	4	KIN 2900 Structural Kinesiology (3 cr.) + General elective (1 cr.)
Major elective	1	General elective
<b>Total Semester Credit Hours</b>	<b>15</b>	

Spring Semester I Courses	Credits	Methodist University Equivalencies
BIO 168 Anatomy & Physiology I	4	BIO 3060 Anatomy & Physiology I
CIS 110 Introduction to Computers	3	CSC 1000 Computer Literacy: Introduction to Computers
MAT 143 Quantitative Literacy	3	Fulfills Mathematics general education core requirement
HFS 111 Fitness & Exercise Testing I	4	KIN 3050 Measurement & Evaluation
<b>Total Semester Credit Hours</b>	<b>14</b>	

Fall Semester I Courses	Credits	Methodist University Equivalencies
BIO 155 Nutrition	3	KIN 2400 Human Nutrition
BIO 169 Anatomy & Physiology II	4	BIO 3080 Anatomy and Physiology II
HFS 118 Fitness Facility Management	4	KIN 4000 Facility Management
HFS 120 Group Exercise Instruction	3	General elective
HFS 218 Lifestyle Change & Wellness	4	WEL 2180 Concepts of Fitness and Nutrition
<b>Total Semester Credit Hours</b>	<b>18</b>	

Spring Semester II Courses	Credits	Methodist University Equivalencies
COM 231 Public Speaking	3	CME 1510 Speech Communication
HEA 112 CPR & First Aid	2	KIN 2170 First Aid/CPR/AED
HFS 212 Exercise Programming	3	KIN 3100 Health-Related Physical Fitness Assessment
HFS 116 Prevention & Care Exercise Injuries	3	KIN 2590 Prevention & Care of Exercise Injuries
HFS 210 Personal Training	3	KIN 4115 Personal Training
ART 111, 114, 115; DRA 111; MUS 110 or 112	3	Fulfills Fine Arts Appreciation general education core
<b>Total Semester Credit Hours</b>	<b>17</b>	

## Methodist University

### 5<sup>th</sup> Semester Courses

ENG 1040 Composition & Rhetoric	Credits	3
KIN 1200 Weight Training Techniques		2
KIN 2110 Professions & Development in Health Sciences		1
KIN 3040 Physiology of Exercise		3
General electives		6
<b>Total Semester Credit Hours</b>		<b>15</b>

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

### 6<sup>th</sup> Semester Courses

History Elective	Credits	3
KIN 3600 Motor Learning		3
KIN 2920 Internship I		2
KIN 4110 Strength and Conditioning		3
IDS 2100 Reading Circle		1
Literature Elective		3
<b>Total Semester Credit Hours</b>		<b>15</b>

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

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.

### 7<sup>th</sup> Semester Courses

KIN 3080 Sport and Exercise Psychology	Credits	3
KIN 4120 Clinical Exercise Testing		3
KIN 3120 Biomechanics		3
Religion Elective with Global Perspective		3
General elective		3
<b>Total Semester Credit Hours</b>		<b>15</b>

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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### 8<sup>th</sup> Semester Courses

KIN 2150 Research Seminar	Credits	2
KIN 4200 Clinical Exercise Physiology		3
KIN 4300 Psychosocial Aspects of Exercise and Sport		3
General Electives		7
<b>Total Semester Credit Hours</b>		<b>15</b>

**Completion of B.S. degree 124**