



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/

Fall Semester I Courses	Credits	Methodist University Equivalencies
ACA 122 College Transfer Success	1	Non-transferable
ART 111, DRA 111, or MUS 110	3	Fine Arts Appreciation – general education core
ENG 111 Writing and Inquiry	3	ENG 1010 Composition
HEA 112 First Aid & CPR	2	KIN 2170 First Aid/CPR/AED
HFS 110 Exercise Science	4	KIN 2900 Structural Kinesiology (3) + General elective (1)
HFS 111 Fitness & Exercise Testing I	4	KIN 3050 Measurement & Evaluation (3) + Gen elec (1)
Total Semester Credit Hours	16	

Spring Semester I Courses	Credits	Methodist University Equivalencies
HFS 116 Prevention & Care of Exercise Injuries	3	KIN 2590 Prevention and Care of Athletic Injuries
HFS 120 Group Exercise Instruction	3	General elective
HFS 210 Personal Training	3	KIN 4115 Personal Training
PED 117 Weight Training I	1	KIN 1200* Weight Training Techniques *PED 117 + 118 = KIN 1200
PSY 150 General Psychology	3	PSY 1010 General Psychology
ENG 112 Writing/Research in the Disciplines	3	ENG 1040 Composition & Rhetoric
Total Semester Credit Hours	16	

Summer Semester Courses	Credits	Methodist University Equivalencies
BIO 155 Nutrition	3	KIN 2400 Human Nutrition
HFS 218 Lifestyle Changes & Wellness	4	WEL 2180 Concepts of Fitness & Nutrition (3) + Gen Elec (1)
PED 110 Fit & Well for Life	2	General elective
PED 122 or 113 Yoga or Aerobics I	1	WEL 2010 Physical Activities
Total Semester Credit Hours	10	

Fall Semester I Courses	Credits	Methodist University Equivalencies
BIO 168 Anatomy & Physiology I	4	BIO 3060 Anatomy and Physiology I
HFS 118 Fitness Facility Management	4	KIN 4000 Facility Management
PED 118 Weight Training II	1	KIN 1200* Weight Training Techniques *PED 117 + 118 = KIN 1200
WBL 111 Work-Based Learning I	1	Non-transferable
MAT 152 or 171 Statistics or Precalculus Algebra	4	MAT 2200/1130 Statistics/Pre-Calculus I (3) + Gen Elec (1)
Total Semester Credit Hours	13	

Spring Semester II Courses	Credits	Methodist University Equivalencies
BIO 169 Anatomy & Physiology II	4	BIO 3080 Anatomy and Physiology II
BUS 280 REAL Small Business	4	ENP 3010 Entrepreneurship (3 cr.) + General elective (1 cr.)
HFS 212 Exercise Programming	3	General elective
HFS 214 Health and Fitness Law	3	General elective
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
CME ELEC Speech Communications elective	3
KIN 2110 Professions & Development in Health Sciences	1
KIN 3040 Physiology of Exercise	3
General electives	5
Total Semester Credit Hours	15

6th Semester Courses

History Elective	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
Total Semester Credit Hours	15

7th Semester Courses

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

8th Semester Courses

KIN 2150 Research Seminar	2
KIN 4200 Clinical Exercise Physiology	3
KIN 4300 Psychosocial Aspects of Exercise and Sport	3
Liberal Arts Elective	3
General Elective	4
Total Semester Credit Hours	15

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

Credits 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.

Credits 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.

Credits 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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