



SEAMLESS TRANSFER

Exercise Science

The University of Mary and Bismarck State College have partnered to offer the Seamless Transfer program. Now, it's even easier to step from a two-year program into a bachelor's degree.

The Seamless Transfer program allows students to work towards their bachelor's degree from the University of Mary while simultaneously earning their associate's degree from Bismarck State College. Students who successfully complete their Associate of Science/Arts degree with the required Mary pre-requisites at Bismarck State College can seamlessly transfer to the University of Mary and complete their Bachelor of Science in Exercise Science in as little as two years.

Workers with a bachelor's degree can earn \$1,344 more per month than those with an associate's degree.

(Dollar amount is based on the median usual weekly earning.)

Questions?

We're just a phone call or email away, 701-355-8030 or transfers@umary.edu.

**University of Mary General Bachelor's Degree Requirements
Bismarck State College Transfer Student General Education Requirements (AS)**

Communications (Total 9 Credits)

BSC Course Name and Number	University of Mary Course
ENGL 110 College Composition I (3 cr)	ENG 111
ENGL 120 College Composition II (3 cr)	ENG 121
COMM 110 Fundamentals of Public Speaking (3 cr)	COM 110

Arts and Humanities (Total 6 Credits)

BSC Course Name and Number	University of Mary Course
PHIL 210 Ethics (3 cr)	PHI 208
RELS 120 Religion in America (3 cr) or RELS 203 World Religions	THE 120

Social and Behavioral Science (Total 6 Credits)

BSC Course Name and Number	University of Mary Course
PSYC 111 Intro to Psychology (3 cr)	PSY 201
PSYC 250 Developmental Psychology (3 cr)	PSY 207

Math, Science, and Technology (Total 15 Credits)

BSC Course Name and Number	University of Mary Course
MATH 103 College Algebra (4 cr)	MAT 103
BIOL 150/L General Biology I & Lab (4 cr)	BIO 103/L
BIOL 220/L Anatomy & Physiology I & Lab (4 cr)	BIO 207/L
BIOL 221/L Anatomy & Physiology II & Lab (4 cr)	BIO 208/L

Exercise Science Major

Additional Course Requirements:

BSC Course Name and Number	University of Mary Course
CHEM 115/L or CHEM 121/L Chemistry I & Lab (5 cr)	CHE 109/L
CHEM 116/L or CHEM 122/L Chemistry II & Lab (5 cr)	CHE 110/L
MATH 210 Elementary Statistics (3 cr)	MAT 180
PHYS 211/L College Physics I & Lab (5 cr)	PHY 203/L
PSY 270 Abnormal Psychology (3 cr)	PSY 406
HPER 210 First Aid, CPR and AED (1 cr)	PED 157

Additional BSC Degree Requirements

BSC Course Name and Number	University of Mary Course
Enrichment Elective (1 cr / 2 cr recommended)	Free Elective
Diversity Requirement (3 cr)	Met with RELS Elective

Maximum of 62 BSC credits can be transferred to the University of Mary.

If student is pursuing an AA degree instead of AS, different elective courses may be required at BSC to fulfill those requirements. Meet with your advisor to adapt your course plan.

Students may choose to complete electives at BSC other than those recommended above. Contact University of Mary Admissions if you have questions regarding transfer equivalencies for different courses, in order to ensure the selected courses will apply toward your University of Mary program of study.

**The Following Courses
to be completed at the
University of Mary**

- FYE 322**
Transition Seminar (1 credit)
- EXS 302**
Concepts of Strength & Conditioning (2 credits)
- EXS 305**
Leadership in the Fitness Industry (3 credits)
- EXS 336**
Exercise Physiology (4 credits)
- EXS 400**
Strength & Conditioning/Comm Fitness Practicum (1 credit)
- EXS 401**
Clinical Practicum (1 credit)
- EXS 402**
Senior Practicum (1 credit)
- EXS 406**
Intro to Electrocardiography (2 credits)
- EXS 420**
Exercise Prescription (3 credits)
- EXS 445**
Exercise Science Internship (6 credits)
- EXS 452**
Cardiopulmonary Rehabilitation (4 credits)
- EXS 455**
Advanced Exercise Physiology (2 credits)
- EXS 465**
Senior Seminar I (1 credit)
- EXS 466**
Senior Seminar II (1 credit)
- EXS 467**
Senior Seminar III (2 credits)
- KIN 238**
Prevention & Care of Athletic Injuries (2 credits)
- KIN 316**
Basic Pharmacology for HP Science (3 credits)
- KIN 317**
Sports Nutrition for Health Performance (3 credits)
- KIN 360**
Biomechanics & Kinesiological Studies (4 credits)
- HPS 206**
Medical Terminology (2 credits)
- NUR 319 or EXS 418**
Pathophysio or Pathophy & Exercise (3 credits)
- IPE 401**
Interprofessionalism (1 credit)
- PSY 304/L**
Intermediate Physics & Lab (4 credits)
- HUM 499**
Senior Competency Testing (0 credits)

**Total: 129 Semester Credits
required for Graduation**