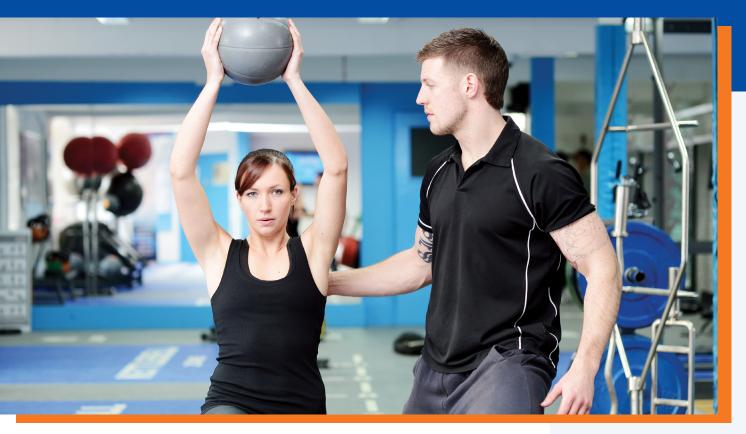
Partners in Education

University of Mary and Bismarck State College



Complete Your Bachelor's Degree Exercise Science

The University of Mary and Bismarck State College have partnered to support you as you work toward your bachelor's degree. Through this partnership, it's even easier to make the step from an associate's degree program to finishing a bachelor's degree.

Our partnership allows you to easily transfer course credits earned at Bismarck State College and use them toward earning a bachelor's degree from the University of Mary. Using the guide on the back, you can plan in advance to complete the all appropriate coursework required to earn your bachelor's degree — meaning you'll be well prepared for success as you pursue a bachelor's degree.



The University of Mary is dedicated to supporting students like you — those answering the call to serve in their communities and meet their regional workforce needs. While each student comes to us with distinct circumstances, experiences, and perspectives, our faculty, advisors, and staff will ensure that you graduate with the tools you need to succeed — in your career and in your life.

> Questions? We're just a phone call or email away, 701-355-8030 or enroll@umary.edu

Degree Requirements by Course Listing

Communications (Total 9 Credits)	
BSC Course Name and Number	

ENGL 110 College Composition I (3 cr) ENGL 120 College Composition II (3 cr) COMM 110 Fundamentals of Public Speaking (3 cr)

Arts and Humanities (Total 6 Credits) BSC Course Name and Number

RELS 120 or 203 Religion/America or World Religions (3 cr) THE 120

PHIL 210 Ethics (3 cr)

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University of Mary Course

University of Mary Course

University of Mary Course

ENG 111

ENG 121

COM 110

PSY 201

PSY 207

MAT 103

BIO 103/L BIO 207/L

BIO 208/L

Social and Behavioral Science (Total 6 Credits) BSC Course Name and Number

PSYC 111 Introduction to Psychology (3 cr) PSYC 250 Developmental Psychology (3 cr)

Math, Science, and Technology (Total 15 Credits)

MATH 103 College Algebra (4 cr)
BIOL 150/L General Blology I & Lab (4 cr)
BIOL 220/L Human Anatomy & Physiology I/Lab (4 cr)
BIOL 221/L Human Anatomy & Physiology II/Lab (4 cr)

Exercise Science Major

Additional Course Requirements:

BSC Course Name and Number

CHEM 115/L or CHEM 121/L Chem I & Lab (5 cr) CHEM 116/L or CHEM 122/L Chem II & Lab (5 cr) PHYS 211/L College Physics I & Lab (5 cr) PSYC 270 Abnormal Psychology (3 cr) HPER 210 First Aid, CPR and AED (1 cr) MATH 210 Elementary Statistics (3 cr)

Additional BSC Degree Requirements

BSC Course Name and Number

Complete Enrichment Requirement (3 cr recommended) Diversity Requirement University of Mary Course

CHE 109/L or CHE 111/L CHE 110/L or CHE 112/L PHY 203/L PSY 406 (Lower-Division Credit) KIN 157 MAT 180

University of Mary Course

Free Elective Met by RELS

The Following Courses to be completed at The University of Mary

FYE 322- Transition Seminar (1 cr)

PHY 304/L- Intermediate Physics and Lab (4 cr)

EXS 102- Introduction to Exercise Science (1 cr)

EXS 302- Concepts of Strength/Conditioning (2 cr)

EXS 305- Leadership in the Fitness Industry (3 cr)

EXS 336/L- Exercise Physiology (4 cr)

EXS 400- Strength and Conditioning/Community Fitness Practicum (1 cr)

EXS 401- Clinical Practicum (1 cr)

EXS 402- Senior Practicum (1 cr)

EXS 406- Intro to Electrocardiography (2 cr)

EXS/NUR 418 or 319- Pathology & Exercise or Pathophysiology (3 cr)

EXS 420- Exercise Prescription (3 cr)

EXS 445- Exercise Science Internship (6 cr)

EXS 452- Cardiopulmonary Rehab (4 cr)

EXS 455/L- Advanced Exercise Physiology and Lab (2 cr)

EXS 465- Senior Seminar I (1 cr)

EXS 466- Senior Seminar II (1 cr)

EXS 467- Senior Seminar III (2 cr)

KIN 206- Medical Terminology (2 cr)

KIN 238- Prevention and Care of ATH Injury (2 cr)

KIN 316- Basic Pharmacology for Health Performance Sciences (3 cr)

KIN 317- Sports Nutrition for Health Performance (3 cr)

KIN 360- Biomechanics & Kinesiological Studies (4 cr)

IPE 401- Interprofessionalism (1 cr)

HUM 499- Senior Competency Testing (0 cr)

Total: 124 semester credits for graduation

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.