

# 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](mailto:enroll@umary.edu)

## Degree Requirements by Course Listing

### 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
RELS 120 or 203 Religion/America or World Religions (3 cr)	THE 120
PHIL 210 Ethics (3 cr)	PHI 208

### Social and Behavioral Science (Total 6 Credits)

BSC Course Name and Number	University of Mary Course
PSYC 111 Introduction 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 Human Anatomy & Physiology I/Lab (4 cr)	BIO 207/L
BIOL 221/L Human 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 Chem I & Lab (5 cr)	CHE 109/L or CHE 111/L
CHEM 116/L or CHEM 122/L Chem II & Lab (5 cr)	CHE 110/L or CHE 112/L
PHYS 211/L College Physics I & Lab (5 cr)	PHY 203/L
PSYC 270 Abnormal Psychology (3 cr)	PSY 406 (Lower-Division Credit)
HPER 210 First Aid, CPR and AED (1 cr)	KIN 157
MATH 210 Elementary Statistics (3 cr)	MAT 180

### Additional BSC Degree Requirements

BSC Course Name and Number	University of Mary Course
Complete Enrichment Requirement (3 cr recommended)	Free Elective
Diversity Requirement	Met by RELS

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 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**