## *Complete Your Bachelor's Degree*
# Exercise Science, Transfer A.S.

*The University of Mary and Northland Community and Technical 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 Northland Community and Technical 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.*

**UNIVERSITY of MARY** | *for Life.*

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

## Degree Requirements by Course Listing

| NCTC Course Name and Number | University of Mary Course |
|---|---|
| HPER 1111 Intro Exercise Science (2 cr) | EXS 102 |
| HPER 1127 Strength Conditioning (1 cr) | PED 125 |
| HPER 2270 Health and Wellness (3 cr) | KIN 159 |
| BIOL 2131 Nutrition (3 cr) | BIO 225 |
| BIOL 2260 Anatomy and Phys I (4 cr) | BIO 207 |
| BIOL 2262 Anatomy and Phys II (4 cr) | BIO 208 |
| ENGL 1111 Composition I (3 cr) | ENG 111 |
| ENGL 1112 Composition II (3 cr) | ENG 121 |
| MATH 2203 Statistics (4 cr) | MAT 180 |
| PSYC 1105 Intro to Psychology (3 cr) | PSY 201 |
| SPCH 1101 Intro to Public Speaking (3 cr) | COM 110 |
| CHEM 1121 General Chemistry I G3 (4 cr) | CHE 108/L |
| BIOL 1111 Biological Principles I (4 cr) G3 | BIO 103 |
| G5: History/Social Elec (3 cr) | LA Elective |
| PHIL 1102 Intro to Ethics (3 cr) G6 | PHI 208 |

Recommended Electives Below

| | |
|---|---|
| PHYS 1111 General Physics I (4 cr) | PHY 203 |
| PHYS 1112 General Physics II (4 cr) | PHY 304 |
| HLTH 1106 Medical Terminology (2 cr) | KIN 206 |
| HPER 2250 Prevent-Care Ath Injuries (3 cr) | KIN 238 |
| HPER 1410 First Aid CPR (1 cr) | HPER 1410 |

Maximum of 62 NCTC 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 NCTC to fulfill those requirements. Meet with your advisor to adapt your course plan.

Students may choose to complete electives at NCTC 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)

**MAT 103-** College Algebra (4 cr)

**CHE 110 or 112-** Chemistry II or Organic/Bio (4 cr)

**CTH/THE 234-** Benedict Yesterday/Today (3 cr)

**PSY 207-** Lifespan Psych (3 cr)

**PSY 406-** Abnormal Psych (3 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 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: 126 semester credits for graduation**