



Transfer Program Guide  
Indian Hills Community College (IHCC) Associates of Arts (AA)  
to  
Bachelor of Science in Exercise Science (BS)  
Concentration: Applied/Pre-Athletic Training

Completion of the AA degree at IHCC fulfills the Essential Skills, Modes of Inquiry, and Intercultural Perspective requirements in Truman State University's Liberal Studies Program (LSP). Students transferring with an AA are still required to complete a 3-credit JINS course, and to demonstrate elementary proficiency in one foreign language, in addition to the remaining major requirements, required support, and the Bachelor of Arts or Bachelor of Science requirement, and the Missouri Statute requirements. A detailed explanation of Truman's LSP can be found at [http://catalog.truman.edu/preview\\_program.php?catoid=12&poid=1571](http://catalog.truman.edu/preview_program.php?catoid=12&poid=1571).

In addition to completing the required courses for the AA degree at IHCC, students intending to transfer to Truman State University are advised to take the below courses as part of their degree program at IHCC.

<b>Recommended Courses for Transfer</b>	
MAT 120 College Algebra	3
MAT 156 Statistics	3
PSY 111 Introduction to Psychology	3
BIO 175 Human Anatomy**	3
BIO 176 Human Anatomy Lab**	1
BIO 178 Human Physiology	3
BIO 179 Human Physiology Lab	1
BIO 101 Introductory Biology AND BIO 103 Introductory Biology Lab*	3

\*\*BIO 175/176 transfer to Truman as Biology electives, but can be substituted for the Human Anatomy requirement only if taken with BIO 178/179.

**Note on Foreign Language:**

All students at Truman State University are required to demonstrate elementary proficiency in one foreign language, which requires up to two semesters to complete. All transfer students are recommended to begin their language study as early as possible, to ensure a smooth path to graduation.

## Sample Degree Plan (Five terms at IHCC; Four terms plus one summer at Truman)

Term	Credits
<b>IHCC Term 1</b>	
PSY 111 Introduction to Psychology	3
MAT 120 College Algebra	3
ENG 105 Composition I	3
SDV 101 How to Be Successful in College	3
<b>IHCC Term 1 Total</b>	<b>12</b>
<b>IHCC Term 2</b>	
Elective Course	3
ENG 106 Composition II	3
SPC 112 Pub. Speaking OR SPC 101 Funds. Of Oral Comm.	3
CSC 105 Computer Essentials	1
<b>IHCC Term 2 Total</b>	<b>13</b>
<b>IHCC Term 3</b>	
BIO 101 Introductory Biology	2
BIO 103 Introductory Biology Lab	1
Elective Course	3
Elective Course	3
Literature Course	3
<b>IHCC Term 3 Total</b>	<b>12</b>
<b>IHCC Term 4</b>	
CHM 121 Introduction to General Chemistry	3
Foreign Language Course (Humanities)	3
History Course	3
BIO 175 Human Anatomy	3
BIO 176 Human Anatomy Lab	1
<b>IHCC Term 4 Total</b>	<b>13</b>
<b>IHCC Term 5</b>	
Foreign Language Course (Humanities)	3
Social Science Elective	3
MAT 156 Statistics	3
BIO 178 Human Physiology	3
BIO 179 Human Physiology Lab	1

Questions? Contact [Ted Frushour](mailto:Ted.Frushour@truman.edu)  
 Transfer Programs Coordinator  
 Center for Academic Excellence  
 Kirk 112B (660) 785-7403  
[Frushour@truman.edu](mailto:Frushour@truman.edu)

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<b>IHCC Term 5 Total</b>	<b>13</b>
<b>IHCC Total</b>	<b>63</b>
<b>Truman Term 1 (Fall)</b>	
ES 190 Introduction to Exercise Science	3
ES 224 Research Methods and Data Interpretation	3
ES Concentration Elective	3
ES Concentration Elective	3
<b>Truman Term 1 Total</b>	<b>12</b>
<b>Truman Term 2 (Spring)</b>	
ES 202 Strength and Conditioning Anatomy	1
ES 245 Nutrition for Health, Fitness, and Sport	3
ES 345 Exercise Physiology	3
JINS 3xx Junior Interdisciplinary WE Seminar	3
ES Core Elective	3
<b>Truman Term 2 Total</b>	<b>13</b>
<b>Truman Summer Term</b>	
ES 370 Internship In Exercise Science	4
<b>Truman Summer Term Total</b>	<b>4</b>
<b>Truman Term 3 (Fall)</b>	
ES 342 Biomechanics	4
ES 343 Mvmnt. Neuroscience OR ES 347 Motor Learning	3
ES 445 Assessment and Prescription I	4
ES Concentration Elective	3
<b>Truman Term 3 Total</b>	<b>13</b>
<b>Truman Term 4 (Spring)</b>	
ES 498 Capstone in Exercise Science	3
ES 3xx Core Elective	3
ES Concentration Elective	3
Free Elective	3
MO Statute Course (POL 101 or HIST 298)	1
<b>Truman Term 4 Total</b>	<b>13</b>
<b>Truman Total</b>	<b>57</b>
<b>Total of All Terms</b>	<b>120</b>

Note: The above represents only one path toward transfer degree completion. Math and English placement may result in adjustments to the above plan. The above plan is not a substitute for academic advising. Students are strongly encouraged to consult with an advisor at both IHCC and Truman State when developing an academic plan.

**Other Graduation Requirements:**

All Exercise Science majors are required to satisfy the following:

- A 2.0 minimum cumulative GPA, a 2.0 minimum GPA in all coursework completed at Truman, and a 2.5 GPA in select major and BS requirements
- 120 total credits
- 40 credits of upper-level courses (courses numbered 300+)
- 45 credits must be completed in residence, 28 of which must immediately precede completion of requirements for the degree, 15 of which must be major requirements
- The Truman Week requirement is waived for all transfer students.
- Completion of the Liberal Studies Program (LSP). LSP requirements can be found in the Truman State University catalog.
- 63 credits of courses with the Liberal Arts and Sciences (LAS) designation. A list of LAS-designated courses can be found in the Truman State University Catalog.

A detailed explanation of the above graduation requirements for a Bachelor's degree can be found in the Truman State University catalog at

[http://catalog.truman.edu/content.php?catoid=13&navoid=631#Bachelor s Degree Requirements](http://catalog.truman.edu/content.php?catoid=13&navoid=631#Bachelor_s_Degree_Requirements).