



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

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.

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.

Recommended Courses for Transfer	
MAT 156 Statistics	3
PSY 111 Introduction to Psychology	3
SOC 110 Introduction to Sociology	3
MAT 210 Calculus I	5
CHM 157 Principles of Chemistry I	3
CHM 158 Principles of Chemistry II	3
CHM 159 Principles of Chemistry III	3
CHM 251 Organic Chemistry I	3
CHM 252 Organic Chemistry II	3
CHM 253 Organic Chemistry III	3
PHY 200 Classical Physics I	3
PHY 201 Classical Physics II	3
PHY 202 Classical Physics III	3

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.

Note on Pre-Health Professions:

Students intending to continue to graduate programs in the Health Professions (Medical, Physical Therapy, Occupational Therapy, Dental, Physician's Assistant) may wish to complete more coursework in Physics and Chemistry at IHCC. Those students are strongly encouraged to work with advisors at both institutions for degree and graduate school planning.

Sample Degree Plan (6 terms at IHCC, 4 terms at Truman)

Term	Credits
IHCC Term 1	
MAT 210 Calculus I	5
CHM 157 Principles of Chemistry I	3
ENG 105 Composition I	3
SDV 101 How to Be Successful in College	3
IHCC Term 1 Total	13
IHCC Term 2	
CHM 158 Principles of Chemistry II	3
PHY 200 Classical Physics I	3
ENG 106 Composition II	3
SPC 112 Pub. Speaking OR SPC 101 Funds. Of Oral Comm.	3
CSC 105 Computer Essentials	1
IHCC Term 2 Total	13
IHCC Term 3	
CHM 159 Principles of Chemistry III	3
PHY 201 Classical Physics II	3
Literature Course	3
IHCC Term 3 Total	9
IHCC Term 4	
CHM 251 Organic Chemistry I	3
PHY 202 Classical Physics III	3
MAT 156 Statistics	3
History Course	3
IHCC Term 4 Total	12
IHCC Term 5	
CHM 252 Organic Chemistry II	3
PSY 111 Introduction to Psychology	3
Foreign Language Course	3
IHCC Term 5 Total	9

Questions? Contact Ted Frushour
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IHCC Term 6	
CHM 253 Organic Chemistry III	3
ANT 105 Cultural Anthropology OR SOC 110 Introduction to Sociology	3
Foreign Language Course	3
IHCC Term 6 Total	9
IHCC Total	65
Truman Fall 1	
ES 190 Introduction to Exercise Science	3
ES 224 Research Methods and Data Interpretation	3
BIOL 107 Introductory Biology I	4
CHM 335 Biochemistry I: Structure and Function	3
MO Statute Course (POL 101 or HIST 298)	1
Truman Fall 1 Total	14
Truman Spring 1	
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
BIOL 108 Introductory Biology II	4
Truman Spring 1 Total	14
Truman Fall 2	
ES 342 Biomechanics	4
ES 343 Mvmnt. Neuroscience OR ES 347 Motor Learning	3
ES 445 Assessment and Prescription I	4
ES 250 Exercise Science Practicum I	1
BIOL 365/L Human Anatomy with Lab	4
Truman Fall 2 Total	15
Truman Spring 2	
ES 498 Capstone in Exercise Science	3
BIOL 325 Human Physiology w/Lab	3
ES 3xx Core Elective	3
ES Core Elective	3
Truman Spring 2 Total	12
Truman Total	56
Total of All Terms	121

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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).