



Transfer Program Guide
St. Charles Community College (SCC)
Associate of Arts (AA) to
Bachelor of Science (BS) in Exercise Science,
Applied/Pre-Athletic Training Concentration

Completion of the AA degree at SCC 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 SCC, students intending to transfer to Truman State University are advised to take the courses below as part of their degree program at SCC.

Recommended Courses for Transfer	
PSY 101 Introduction to Psychology	3
MAT 175 Introductory Statistics	3
Elementary Foreign Language I	4
Elementary Foreign Language II	4
BIO 105 Essentials of Biology AND BIO 106 Essentials of Biology Lab	4
CHM 102 Introduction to Chemistry AND CHM 103 Intro to Chemistry Lab	4
BIO 250A Anatomy and Physiology I AND BIO 250B Anat. and Physiology I Lab	4
BIO 251A Anatomy and Physiology II AND BIO 251B Anat. and Phys. II Lab	4
SOC 101 Intro to Sociology OR ANT 102 Intro to Cultural Anthropology	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. Students pursuing a BA degree are required to demonstrate intermediate proficiency in one foreign language, which requires up to four semesters to complete. All transfer students are recommended to begin their language study as early as possible, to ensure a smooth path to graduation.

Suggested Degree Plan			
First Semester at SCC		Second Semester at SCC	
ENG 101 English Composition I [#]	3	ENG 102 English Composition II [#]	3
MAT 158 College Algebra [#]	4	CPT 103 Microcomputer Applications [#] OR CPT 115 Intro to Data Processing [#]	3
PSY 101 Introduction to Psychology [*]	3	Elective Course	3
Social Science (Group I Course) [#]	3	Humanities (Group I Course) [#]	3
BIO 105 Essentials of Biology	3	CHM 102 Introduction to Chemistry	3
BIO 106 Essentials of Biology Lab	1	CHM 103 Introduction to Chemistry Lab	1
Total	17	Total	16
Third Semester at SCC		Fourth Semester at SCC	
Oral Communication Course [#]	3	Multicultural/Valuing Course [#]	3
Foreign Language Course [*]	4	Foreign Language Course [*]	4
Elective Course	3	MAT 175 Introductory Statistics [*]	3
BIO 250A Anatomy and Physiology I [*]	4	BIO 251A Anatomy and Physiology II [*]	4
BIO 250B Anatomy and Physiology I Lab [*]	0	BIO 250B Anatomy and Physiology II Lab [*]	0
SOC 101 Intro to Sociology OR ANT 102 Intro to Cultural Anthropology	3		
Total	17	Total	14
Total Credits for AS Degree			64
# Course is required for A.A.			
* Course fulfills a requirement for B.S. in Exercise Science			

Suggested Degree Plan			
First Semester at Truman		Second Semester at Truman	
ES 190 Intro to Exercise Science	3	ES 245 Nutrition for Health, Fitness, and Sport	3
ES 224 Research Methods and Data Interpretation*	3	ES 202 Strength and Conditioning Anatomy	1
JINS 3xx Junior Interdisciplinary Seminar	3	ES 345 Exercise Physiology	3
ES Concentration Course	3	ES Core Elective	3
Free Elective	3	ES Concentration Course	3
Total	15	Total	13
Third Semester at Truman		Fourth Semester at Truman	
ES 342 Biomechanics	4	ES 498 Capstone in Exercise Science	3
ES 445 Assessment and Prescription I	4	ES Core Elective	3
ES 343 Mvmt. Neuroscience OR ES 347 Motor Learning	3	ES Concentration Course	3
ES 250 Exercise Science Practicum I	1	ES Concentration Course	3
ES Concentration Course	3		
Total	15	Total	12
Total Credits for B.S. in Exercise Science Degree Completion			120
* Prerequisite override required			

Completion of the above plan will put a transfer student on pace to complete the B.S. in Exercise Science at Truman State University in two years, assuming satisfactory academic progress. A student transferring without all of the above courses may require more time to complete the degree.

Other Program Requirements:

- All Exercise Science majors are required to earn a 2.5 GPA in select major and B.S. requirements

In order to graduate with a Bachelor's degree, all students at Truman State University are required to satisfy the following:

- A 2.0 minimum cumulative GPA (unless a higher requirement is specified), a 2.0 minimum GPA in all coursework completed at Truman, and a 2.0 major GPA
- 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).