



**Transfer Program Guide
St. Charles Community College (SCC)
Associate of Arts (AA) to
Bachelor of Science (BS) in Exercise Science,
Concentration in Pre-Medical Sciences**

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
MAT 150 Trigonometry	3
Elementary Foreign Language I	4
Elementary Foreign Language II	4
SOC 101 Intro to Sociology OR ANT 102 Intro to Cultural Anthropology	3
BIO 150 General Biology I	5
BIO 151 General Biology II	5
CHM 115 General Chemistry I	5
CHM 116 General Chemistry II	5

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.

Note on Pre-Health Professions:

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

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
Social Science (Group I Course) [#]	3	MAT 150 Trigonometry	3
Humanities (Group I Course) [#]	3	PSY 101 Introduction to Psychology [*]	3
BIO 150 General Biology I	5	BIO 151 General Biology II	5
Total	18	Total	17
Third Semester at SCC		Fourth Semester at SCC	
Oral Communication Course [#]	3	Multicultural/Valuing Course [#]	3
CHM 115 General Chemistry I	5	CHM 116 General Chemistry II	5
Foreign Language Course [*]	4	Foreign Language Course [*]	4
SOC 101 Intro to Sociology [*] OR ANT 102 Intro to Cultural Anthropology [*]	3	MAT 175 Introductory Statistics [*]	3
Total	15	Total	15
Total Credits for AS Degree			64
# Course is required for A.A.			
* Course fulfills a requirement for B.S. in Exercise Science, Pre-Medical Sciences Concentration			

Suggested Degree Plan			
First Semester at Truman		Second Semester at Truman	
ES 190 Foundations of Exercise Science	3	ES 202 Strength and Conditioning Anatomy	1
ES 224 Research Methods and Data Interpretation	3	ES Core Elective	3
ES 245 Nutrition for Health, Fitness, and Sport	3	PHYS 185 College Physics I (or other Concentration Course)	3-4
CHEM 329 Organic Chemistry I	3	CHEM 331 Organic Chemistry II (or other Concentration Course)	3-4
JINS 3xx Junior Interdisciplinary Seminar	3	ES 345 Exercise Physiology	3
Total	15	Total	13-15
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 343 Mvmt. Neuroscience OR ES 347 Motor Learning	3
BIOL 365 Human Anatomy	3	BIOL 325 Human Physiology	4
BIOL 365L Human Anatomy Lab	1	CHEM 335 Biochemistry I (OR other Concentration Course)	3
CHEM 333 Organic Chemistry Lab	2	ES Core Elective	3
PHYS 186 College Physics II (or other Concentration Course)	3-4	ES 250 Exercise Science Practicum I	1
Total	16-17	Total	17
Total Credits for B.S. in ES Degree Completion			126-128
* Prerequisite override required			

Completion of the above plan will put a transfer student on pace to complete the B.S. in Health 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).