



Transfer Program Guide
Metropolitan Community College (MCCCKC)
Associate of Arts (AA) to
Bachelor of Science (BS) in Exercise Science,
Pre-Medical Sciences Concentration

Completion of the AA degree or the Missouri Core 42 transfer curriculum at MCCCKC 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 required to complete INDV 310 Transfer Student Seminar, two Writing-Enhanced (WE) courses, 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. A detailed explanation of Truman's LSP can be found at

http://catalog.truman.edu/preview_program.php?catoid=12&pooid=1571.

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

Recommended Courses for Transfer

MCCCKC Course	Truman Equivalent	Credits
PSY 140 General Psychology	PSYC 166 General Psychology	3
MATH 115 Statistics	STAT 190 Basic Statistics	3
MATH 150 Precalculus	MATH 186 Precalculus	5
CHEM 111 General College Chemistry I	CHEM 130 Chemical Principles I	5
CHEM 112 General College Chemistry II	CHEM 131 Chemical Principles II	5
BIOL 123 General Biology for Majors I	BIOL 107 Cells, Molecules, Genes	4
BIOK 124 General Biology for Majors II	BIOL 108 Introductory Biology II	4
BIOL 210 Human Physiology	BIOL 325 Human Anatomy	5
Elementary Foreign Language I		5
Elementary Foreign Language 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.

Sample Degree Plan			
First Semester at MCCCKC		Second Semester at MCCCKC	
COLL 100 First-Year Seminar*	1	Oral Communications Course	3
ENG 101 Composition and Reading I*	3	ENG 102 Composition and Reading II*	3
MATH 150 Precalculus	5	Western Civilization Course	3
CCIS 115 Computer Concepts*	3	Humanities Course	3
BIOL 123 General Biology for Majors I [§]	4	BIOL 124 General Biology for Majors II [§]	4
Total	16	Total	16
Third Semester at MCCCKC		Fourth Semester at MCCCKC	
Elementary Foreign Language I [§]	5	Elementary Foreign Language II [§]	5
CHEM 111 General College Chemistry I [§]	5	CHEM 112 Gen. College Chemistry II [§]	5
Civic/American Institutions Course	3	Global Diversity Course	3
PSY 140 General Psychology [§]	3	Social/Behavioral Science Course	3
Total	16	Total	16
Total Credits for AA 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	
INDV 3xx Transfer Experience	2	JINS 3xx Junior Interdisciplinary Seminar	3
ES 190 Foundations of Exercise Science	3	ES 202 Strength and Conditioning Anatomy	1
ES 224 Research Methods and Data Interpretation*	3	ES 245 Nutrition for Health, Fitness, and Sport	3
STAT 190 Basic Statistics	3	ES 345 Exercise Physiology	3
Pre-Medical Sciences Concentration Course	4	Pre-Medical Sciences Concentration Course	4
		ES Core Elective	3
Total	15	Total	17
Third Semester at Truman		Fourth Semester at Truman	
ES 342 Biomechanics	4	ES 498 Capstone in Exercise Science	3
ES 343 Mvmt. Neuroscience OR ES 344 Lifespan Motor Development OR ES 347 Motor Learning w/Lab	3	ES 250 Exercise Science Practicum I	1
ES 445 Assessment and Prescription I	4	BIOL 365 Human Anatomy w/Lab	4
Pre-Medical Sciences Concentration Course	4	Pre-Medical Sciences Concentration Course	4
		ES Core Elective	3
Total	15	Total	15
Total Credits for B.S. in Exercise Science Degree Completion			126
* Prerequisite override required			

Notes

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 Dialogues, Truman's undergraduate general education curriculum. Dialogues requirements 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.