

## Transfer Agreement

Rose State College: A.S. in Health and Sports Sciences-Personal Trainer  
and

University of Central Oklahoma: B.S. Kinesiology – Exercise/Fitness Management  
Major Code: 3120

### Rose State College Courses

#### General Education as stated in RSC Catalog

ENGL 1113 English Composition I  
ENGL 1213 English Composition II  
HIST 1493 U.S. History since 1877 or  
HIST 1483 U.S. History to 1877  
POLS 1113 American Federal Government  
CHEM 1114  
Science 3 hours  
MATH 1473 General College Math or  
MATH 1513 College Algebra  
SPCH 1213 Fundamentals of Speech  
HUMANATIES 6 HRS.

### UCO requirement

ENG 1113 English Composition  
ENG 1213 English Composition and Research  
HIST 1493 History of the U.S. since 1877 or  
HIST 1483 History of the U.S. to 1877  
POL 1113 American National Government  
CHEM 1014 Introduction Chemistry and Lab  
  
MATH 1113 Math for General Ed.or  
MATH 1513 College Algebra  
MCOM 1113 Fundamentals of Speech  
**RSC A.S. degree completes UCO  
University Core.**

HPER 1113 First Aid/First Responder  
HPER 1202 Health and Wellness  
HPER 1213 Introduction to Health and Sports Sciences  
HPER 1222 Concepts of Fitness  
HPER 1391 Weight/Resistance Training  
HPER 2612 Legal Aspects of Health and Sports Sciences

HLTH 2212 First Aid with Cardio Resuscitation  
HLTH 1112 Healthy Life Styles  
KINS 2643 Intro to Kinesiology Studies  
PHED 1402 Fitness Development and Assessment  
PHED 1161 Weight Training  
KINS 4252 Legal Aspects of Leisure Services  
and Fitness Programs  
PHED 3503 Physiology of Exercise

HPER 2623 Physiology of Exercise

HPER 2633 Principles of Personal Training  
HPER 2643 Applied Anatomy  
HPER 2333 Sports Nutrition

PHED Elective  
HLTH 3223 Applied Anatomy  
HLTH 3413 Nutrition for Sport and Fitness.

**Total 62 hours**

**To be taken at the University of Central Oklahoma.....62**

#### **Kinesiology - Exercise/Fitness Management .....61**

Required Core ..... 15

Required Courses:

HLTH 4103 Human Development  
+^\*\*KINS 3403 Principles in Leadership Development  
^KINS 3623 Program Design and Management  
+KINS 3713 Research and Evaluation  
^KINS 4433 Management Principles

Required Theory ..... 38

HLTH 3493 Physical Treatment of Athletic Injuries  
KINS 2713 Physical Activity & Health

#KINS	3112	Group Exercise Techniques
#KINS	4203	Physical Activity and Aging
#^KINS	4263	Performance Training Concepts
#^KINS	4323	Exercise Programming for Special Populations
#^KINS	4413	Applied Exercise Physiology
#^KINS	4513	Fitness Assessment
#^*KINS	4523	Exercise Prescription
#^*KINS	4900	Practicum in Kinesiology and Health Studies (1 hr)
+^**KINS	4900	Practicum in Kinesiology and Health Studies (1 hr)
#KINS	4950	Internship in Kinesiology and Health Studies (4 hrs)
+PHED	3333	Mechanical Principles and Analysis of Movement
REC	3513	Facility Management
Required Theory (Supporting Fields)..... 4		
+CHEM	1014	Introduction Chemistry and Lab
+CHEM	1014L	Introduction Chemistry Lab

- \* To be taken concurrently
- \*\* To be taken concurrently
- ^ Must be completed to enroll in the internship
- + Must be taken prior to admission into the program with a minimum 2.5 average.
- # Admission into the Exercise/Fitness Management major required.

Major Electives - Selected from the following courses..... 4		
HLTH	3263	Consumer Health and Media Advocacy
HLTH	3403	Leadership and Ethics in Health Education
HLTH	3453	Group Dynamics
HLTH	4523	Health and Aging
KINS	3503	Pharmacology for the Health/Fitness Professional
KINS	3632	Grant Writing and Fundraising
KINS	4910	Seminar in Kinesiology and Health Studies (1-4 hours)
PHED	4442	Motor Learning
REC	2433	Outdoor Pursuits
REC	4363	Therapeutic Recreation

**Electives to bring total to ..... 124**

Admission to the Major:

The student must apply for the Exercise & Fitness Management program by submitting the application and transcript to the Kinesiology & Health Studies Office on or before the last Friday of January for fall admission and the second Friday of September for spring admission. Students will be notified eight to ten weeks after the filing date as to the disposition of the application.

**Minimum Grade Requirements**

- 1. Average in all college course work and course work at UCO.....2.00**
- 2. In courses in the major.....2.50**

For other regulations pertaining to graduation, see the UCO 2015-2016 Undergraduate Catalog.