

## Transfer Agreement

Rose State College: A.S. in Health and Sports Sciences-Exercise Fitness Management  
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 hrs.  
MATH 1473 General College Math **or**  
MATH 1513 College Algebra  
SPCH 1213 Fundamentals of Speech  
Humanities 6 HRS.

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 2612 Legal Aspects of Health and Sports Sciences

HPER 2633 Principles of Personal Training

HPER 2333 Sports Nutrition  
HPER 2702 Health and Sports Science Practicum

#### Support and Related Requirements:

HPER 2643 Applied Anatomy  
HPER 2503 Health Concepts for Children  
HPER 2623 Physiology of Exercise

### UCO courses

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  
Science  
MATH 1113 Math for General Ed. **or**  
MATH 1513 College Algebra  
MCOM 1113 Fundamentals of Speech  
**RSC A.S. degree completes UCO  
University Core.**

HLTH 2212 First Aid with Cardio Resuscitation  
HLTH 1112 Healthy Life Styles  
KINS 2643 Intro to Kinesiology  
PHED 1402 Fitness Development and Assessment  
KINS 4252 Legal Aspects of Leisure Services  
and Fitness Programs  
Elective

HLTH 3413 Nutrition for Sport and Fitness.  
KINS 4900 Practicum Kinesiology Health Studies  
(Departmental Substitution)

HLTH 3223 Applied Anatomy  
HLTH 2112 Into to PK-12 Health (Elec)  
HLTH 3503 Physiology of Exercise

Total 62 hours

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

**Kinesiology - Exercise/Fitness Management .....57**

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

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

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.

**Program-to-Program Transfer policies are available in the Introduction for Program-to-Program Agreements on the UCO website at the top of the list of agreements. Links to the agreements can be found on the Academic Affairs or Transfer Student Support web pages.**