

## Transfer Agreement

Rose State College: A.S. in Health and Sports Sciences-Personal Trainer Option  
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  
Life Science  
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  
HES 2323 Nutrition

PHED Elective  
HLTH 3223 Applied Anatomy  
NTRN 1513 Intro to Nutrition (Elective)

**Total 62 hours**

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

**Kinesiology - Exercise/Fitness Management .....58**

**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 Activity ..... 1**

**Required Theory ..... 35**

- HLTH 3413 Nutrition for Sport and Fitness
- HLTH 3493 Physical Treatment of Athletic Injuries
- KINS 3112 Group Exercise Techniques
- ^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 hour)
- ^\*\*KINS 4900 Practicum in Kinesiology and Health Studies  
(1 hour)
- KINS 4950 Internship in Kinesiology and Health Studies  
(4 hours)
- PHED 3333 Mechanical Principles and Analysis of Movement
- REC 3513 Facility Management

- \* To be taken concurrently
- \*\* To be taken concurrently
- ^ Must be completed to enroll in the internship

**Required Theory (Supporting Fields) ..... 3**

- CMSC 1053 Professional Computer Applications and Problem Solving

**Major Electives – .....4**

**Selected from the following courses:**

- 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.....C