

Transfer Agreement

Rose State College: A.S. in Health and Sports Sciences-Exercise Fitness Management
 University of Central Oklahoma: B.S. Kinesiology – Exercise/Fitness Management

To comply with this agreement, students must complete the associate’s degree with the major listed above and include the specific courses listed below.

Courses listed here are required for the agreement. Credited courses completed as part of the A.A. or A.S. that do not apply to the general education at RSC or the UCO major transfer to UCO as electives.

RSC

UCO

- General Education requirements
- 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 2333 Sports Nutrition
- HPER 2702 Health and Sports Science Practicum

- HPER 2643 Applied Anatomy
- HPER 2623 Physiology of Exercise

- University Core completed with A.A or A.S.
- 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
- HLTH 3413 Nutrition for Sport and Fitness
- KINS 4900 Practicum Kinesiology Health Studies (Departmental Substitution)
- HLTH 3223 Applied Anatomy
- PHED 3503 Physiology of Exercise

This degree requires additional course work as stated in the RSC Catalog. Other Rose State courses may or may not apply to the UCO major. That specific information can be found on the UCO website under Transfer Students, Online Transfer Guides.

Total at Rose State College.....60-64

To be taken at the University of Central Oklahoma.....60-64

Kinesiology - Exercise/Fitness Management61

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 to Chemistry and Lab	
+CHEM	1014L	introduction to 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	3633	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.