

Transfer Agreement

Redlands Community College: A.S. Athletic Training or A.S. Personal Training
and
University of Central Oklahoma: B.S. Kinesiology-Exercise/Fitness Management

A student pursuing an Associate of Science in either Athletic Training or Personal Training at Redlands Community College is required to complete the following major courses, as stated in the Redlands course catalog:

Credit Hours	REDLANDS Course No.	REDLANDS Course Name	UCO Equivalency Course No.	UCO Equivalency Course Name
2	HPER 1322*	Personal Health	HLTH 1112*	Healthy Life Skills
2	HPER 2312*	First Aid	HLTH 2212*	First Aid w/ Cardiopulmonary Res.
3	HPER 2343*	Care & Prevention of Athletic Injuries	HLTH 3493*	Physical Treatment of Athletic Injuries
5	CHEM 1315	General Chemistry with Lab	CHEM1014	Introduction Chemistry and Lab

**Course transfer recognized by the OSRHE CEP matrix*

A student pursuing an Associate of Science in Athletic Training or Personal Training at Redlands should complete the above listed courses in addition to all general education requirements to reach the required 61 credit hour minimum to graduate.

Redlands A.S. degree completes UCO general education requirements.

Major Requirements

Kinesiology - Exercise/Fitness Management75 **(64 after completion of the RCC A.S. requirements listed above)**

Required Core.....24

Required Courses:

- +HLTH 1112 Healthy Life Skills **(taken at RCC)**
 - HLTH 2212 First Aid with Cardiopulmonary Resuscitation **(taken at RCC)**
 - HLTH 4103 Human Development
 - +KINS 2643 Introduction to Kinesiology Studies
 - +^**KINS 3403 Principles in Leadership Development
 - ^KINS 3623 Program Design and Management
 - +KINS 3713 Research and Evaluation
 - KINS 4252 Legal Aspects of Leisure Services and Fitness Programs
 - ^KINS 4433 Management Principles
- Required Theory47
- #HLTH 3413 Nutrition for Sport and Fitness
 - +HLTH 3223 Applied Anatomy **(ZOOL 2134 may be taken at RCC and substituted for this course.)**
 - HLTH 3493 Physical Treatment of Athletic Injuries **(taken at RCC)**
 - 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) Internship must be completed during final semester of degree.
 - +PHED 3333 Mechanical Principles and Analysis of Movement
 - +PHED 3503 Physiology of Exercise

REC 3513 Facility Management
 Required Theory (Supporting Fields).....4
 +CHEM 1014 Introduction Chemistry and Lab **(taken at RCC)**
 +CHEM 1014L Introduction Chemistry Lab **(taken at RCC)**

- * 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.

Electives to bring total to.....124

Minimum Grade Requirements

- | | |
|---|------|
| 1. Average in all college course work | 2.00 |
| 2. Average in all UCO coursework..... | 2.00 |
| 3. Average in Pre-Kinesiology (+) course work | 2.50 |
| (Minimum grade of "C"). | |
| 4. Average in major course work | 2.50 |
| (Minimum grade of "C"). | |

A student pursuing a Bachelor’s of Science in Kinesiology at UCO should complete the above listed courses to reach the required 124 credit hour minimum to graduate. Of the 124 completed hours, 30 credit hours must be completed at UCO; 60 credit hours must be earned from colleges that award bachelor’s degrees; 40 credit hours must be upper division; 15 credit hours of upper division major courses must be completed at UCO; 10 credit hours in the major must be in residence at UCO; and 15 of the last 30 credit hours must be completed at UCO.

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.