

Transfer Agreement

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

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

RSC

An Associate in Science (AS) or Associate in Art (AA) degree from an accredited Oklahoma institution that includes the OSRHE minimum requirements will satisfy the UCO University Core.

See the program requirements for the associate degree on the RSC website. 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.

Hours required for the AS or AA degree/major at RSC60-64

UCO

- Written and Oral Communication
- Quantitative Reasoning/Scientific Method with Lab
- Critical Inquiry and Aesthetic Analysis
- American Historical and Political Analysis
- Cultural and Language Analysis
- Social and Behavioral Analysis
- Life Skills

Remaining hours in UCO University Core.....0

HPER 1102 First Aid
 HPER 1202 Health and Wellness
 HPER 1213 Introduction to Health and Sports Sciences
 HPER 2612 Legal Aspects of Health and Sports Sciences

 HPER 2623 Physiology of Exercise
 HPER 2643 Applied Anatomy
 HPER 2333 Sports Nutrition

HLTH 2212 First Aid with Cardio Resuscitation
 +HLTH 1112 Healthy Life Skills
 +KINS 2643 Intro to Kinesiology Studies
 KINS 4252 Legal Aspects of Leisure Services and Fitness Programs
 +PHED 3503 Physiology of Exercise
 +HLTH 3223 Applied Anatomy
 #HLTH 3413 Nutrition for Sport and Fitness

(May be taken at RSC.) This signifies that a UCO course requirement can be met with the equivalent RSC course (found on the UCO website). To take this course at RSC, the student should confirm that it will fit into the associate’s degree without exceeding the requirements. A minimum of 60 hours must be taken at a baccalaureate granting institution. Exceeding 64 credit hours at the community college means the student will be required to take more than the minimum of 124 credit hour total. A minimum of 40 hours of 3/4000 level courses is required for the baccalaureate. Courses from community colleges are 1/2000 level.

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

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

Kinesiology - Exercise/Fitness Management57

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) Internship must be completed during final semester of degree.

- +PHED 3333 Mechanical Principles and Analysis of Movement
- REC 3513 Facility Management

Required Theory (Supporting Fields)..... 4

- +CHEM 1014 Introduction to Chemistry and Lab (May be taken at RSC)
- +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.

Electives to total..... 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 work2.00
2. Average in all UCO course work..... 2.00
3. Average in Pre-Kinesiology (+) course work 2.50
(minimum grade of "C").
2. Average in major course work..... 2.50
(minimum grade of "C").

Internship: The internship is required to be completed in the final semester of the college degree. The certification exam must be taken during the semester of internship completion.

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.