



Associate of Applied Science, Sport and Exercise Studies to Bachelor of Arts in Integrative Exercise Science

2024-2025 Catalog

Suggested Transfer Pathway at Tri-C

First Semester		Credits	Second Semester		Credits
BIO 1500	Principles of Biology I	4	MATH 1190 or MATH 1410	Algebraic and Quantitative Reasoning or Statistics recommended	3-4
ENG 1010/101H	College Composition I/ Honors	3	BIO 2331	Anatomy and Physiology I	4
PE 1000, or PE 1010, or PE 1020	Personal Fitness, Personal Strength Development or Weight Training	1-2	HLTH 1320, or HLTH 1230	CPR-AED for Healthcare Professionals or Standard First Aid and Personal Safety	1
HLTH 1100	Personal Health Education	3	SES 2000	Essentials of Sports Injury Care	3
SES 1001	Introduction to Sport and Exercise Studies	2	SES 2310	Advanced Training Concepts and Techniques	3
SES 1040	Teaching Exercise Training Techniques	3	PSY 1010/101H	General Psychology/Honors	3
		16-17			17-18
Third Semester		Credits	Fourth Semester		Credits
SES 2500 or SES 1300	Health and Wellness Coach Certificate Prep-Recommended or Fitness and Wellness Coaching	3	DIET 1200	Basic Nutrition	3
ENG 1020/102H or COMM 1010/101H	College Composition II/Honors or Fundamentals of Speech Communication/Honors	3	SES 2130	Kinesiology: Fundamentals of Human Movement	3
BIO 2341	Anatomy and Physiology II	4	SES 2420	Advanced Exercise Testing and Prescription	3
SES 2100	Sport and Exercise Physiology	3	SES XXXX	Fitness and Exercise Studies elective (see notes for course options)	3
SES 2410	Exercise Testing and Prescription	3	SES 2840	Practicum: Sport and Exercise Studies	2
		16			14

Associate of Applied Science Degree in Sport and Exercise Studies Awarded

Total Hours: 63-65

Suggested Degree Plan at Hiram College

Fifth Semester		Credits	Sixth Semester		Credits
IES 10500	Medical Terminology for Health Professionals (Choose elective if MA 1020 taken at Tri-C)	2-3	IES 34600	Essentials of Strength Training & Conditioning	4
IES 31100	Nutrition and Fitness	3	IES 31200	Physiology of Muscular Activity and Exercise	4
IES 29700	Fitness Administration and Organization	3	Elective/Minor	Choose elective or course to satisfy minor	3-4
STDV 10600	Connecting To and Through Hiram College	1	IES 21000	Fitness & Health Promo/MGMT	3
UCS 20201	Addressing Urgent Questions	4			
		13-14			14-15
Seventh Semester		Credits	Eight Semester		Credits
IES 40000	Exercise Testing and Prescription	4	IES 48000	Senior Seminar/Capstone	1
IES 40100	Exercise Testing and Prescription for Special Populations	4	IES 48100 or IES 49800	Independent Research or Internship	3
UCS 30301	Urgent Challenge Seminar – Team-Taught	4	Elective/Minor	Choose elective or course to satisfy minor	3-4
Elective/Minor	Choose elective or course to satisfy minor	3-4	Elective/Minor	Choose elective or course to satisfy minor	3-4
			Elective/Minor	Choose elective or course to satisfy minor	3-4
		15-16			13-16

Total Hours in Major Coursework: 29

Hiram Total Hours: 52-62

Bachelor of Arts Degree Awarded

Total Credit Hours: 120+

This information is provided by both institutions solely for convenience and expressly disclaims any liability which may otherwise be incurred. This is neither a contract nor an offer to make a contract. While every effort has been made to ensure the accuracy of the information, each institution reserves the right to make changes at any time with respect to course offerings, degree requirements, services provided, or any other subject addressed herein.

Please note: The Transfer Pathway represents just one example of how to complete the associate's degree and the bachelor's degree. The course sequence may change based on the individual needs of the student and the schedule type required. **Students should work closely with advisors at both institutions.**

This program is designed to award maximum credit for an associate degree from Cuyahoga Community College, streamlining the completion of a bachelor's degree from Hiram College.

Hiram College is committed to ensuring that your academic credits count toward your Hiram degree. While Hiram does not limit the number of credits that may transfer in, students must complete at least 45 hours of study at Hiram College. Additionally, students should be aware that they must complete at least half of their major coursework at Hiram.

All students must complete:

- A minimum of **120** semester credits

All major/minor course requirements

The Hiram College Core, the Urgent Challenge Curriculum, and the Hiram Connect requirement

MAXIMIZE THE IMPORTANCE OF YOUR ASSOCIATES DEGREE

Hiram College CORE Block Waiver: Students who have earned ANY accredited associates degree are eligible for a block waiver of Hiram's CORE—the Ways of Knowing Distribution Requirement (8 courses), and any student with 64 hours of transfer credit may be eligible for the same.

The Urgent Challenge Curriculum: The Urgent Challenge Curriculum for transfer students encompasses a two-course sequence—UCS 20201—Addressing Urgent Questions (4 credits) and the team-taught UCS 30301—Urgent Challenge Seminar (4 credits) that asks students to engage with broad questions that speak to the problems in our contemporary world. In these courses, students learn how to assess what skills and competencies they bring to a team, to address issues through a problem-based learning approach, and finally how to work collectively to address the urgent challenges of our time.

Hiram Connect: All students transferring to Hiram College take part in Hiram Connect, a program for guided reflection on their course of study and—as the name implies—a connection of their coursework to a guaranteed significant real-world experience outside the classroom—study away, independent research, and/or internships.

Admission

- A 2.5 cumulative GPA in previous coursework is required
 - No ACT/SAT Score Required
 - Application is FREE

For More Information, Contact:

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Transfer Admission Counselor

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<https://www.hram.edu/apply/>