



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

2016-2017 Catalog

Suggested Transfer Pathway at Tri-C

First Semester		Credits	Second Semester		Credits
BIO 1050 & 105L (or 1500)	Human Biology & Human Biology Laboratory (or Principles of Biology I)	4	MATH 1xxx	1000-level MATH course or higher MATH-1410 or 1530 highly recommended	3
ENG 1010/101H	College Composition I/ Honors	3	*BIO 2331	Anatomy & Physiology I	4
EMT 1310 (or HLTH 1310) (or HLTH 1230)	Cardiopulmonary Resuscitation (or Cardiopulmonary Resuscitation) (or Standard First Aid & Personal Safety)	1	SES 1201	Fitness & Wellness Coaching	3
HLTH 1100	Personal Health Education	3	SES 2000	Essentials of Sports Injury Care	3
*SES 1001	Introduction to Sport & Exercise Studies	2	SES 2310	Advanced Training Concepts & Techniques	3
SES 1040	Teaching Exercise Training Techniques	3			
		16			16

Third Semester		Credits	Fourth Semester		Credits
PSY 1010/101H	General Psychology/ Honors	3	DIET 1200	Basic Nutrition	3
¹ COMM 1000 (or COMM 1010)	Fundamentals of Interpersonal Communication (or Fundamentals of Speech Communication)	3	*SES 2130	Kinesiology: Fundamentals of Human Movement	3
*BIO 2341	Anatomy & Physiology II	4	SES 2220	Exercise Prescription & Program Design	3
SES 2100	Sport & Exercise Physiology	3	SES xxxx	Fitness & Exercise Studies elective	3
SES 2210	Exercise Testing, Measurement, & Evaluation	3	SES 2840	Practicum: Sport & Exercise Studies	2
		16			14

Associate of Applied Science Degree in Sport and Exercise Studies Awarded Total Hours: **62**

¹Tri-C equivalent course taken under SPCH will be accepted to meet this requirement.

Suggested Degree Plan at Hiram College

Fifth Semester		Credits	Sixth Semester		Credits
IES 3xxxx/4xxxx	IES elective	3-4	IES 34600	Essentials of Strength Training & Conditioning	4
IES 31200	Physiology of Muscular Activity & Exercise	4	BIMD/INTD	ES Core or Capstone	3-4
FDLA 20100	Foundations of the Liberal Arts	4	FL 10200		4
FL 10100		4		CM Core	3-4
		15-16			14-16

Seventh Semester		Credits	Eighth Semester		Credits
IES 40000	Exercise Testing & Prescription	4	IES 48000	Senior Seminar/Capstone	1-3
BIMD/INTD	Capstone Prep List	3-4	IES 481 or 498	Independent Research or Internship	1-3
	IM Core	3-4	BIMD 48000	Senior Seminar	1
	UD Core	3-4		EW Core	3-4
		13-16			12-15

Bachelor of Arts Degree Awarded Total Hours: **54-63**

Combined Total Hours: 116-125



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



This Transfer Pathway represents how to complete the AAS and BA degrees. It is important that students work closely with advisors at both institutions to discuss curriculum options.

Course sequence may change based on the individual needs of the student and schedule type required (e.g., full-time or part-time).

This program awards maximum credit for an Associate of Applied Science degree from Cuyahoga Community College, streamlining completion of a Bachelor of Arts degree from Hiram College. A maximum of 75 credits transfers to Hiram College from Tri-C for your AAS degree, fulfilling most of the Hiram College's core requirements and guaranteeing junior status.

All students must complete:

- A minimum of 62 credit hours at Tri-C and 54 credit hours at Hiram College in order to fulfill the Integrative Exercise Science program requirements.
- Meet all of Hiram College's requirements (Hiram's eight core courses, two interdisciplinary courses, and pass all classes and maintain a GPA of 2.0 or higher).
- A Capstone Experience (e.g., Senior Seminar and Independent Research or Internship) completed at Hiram College.
- *Represents Tri-C courses that are equivalent to courses at Hiram College and will count towards the required hours for the successful completion of the Integrated Exercise Science major (BIO 2331 Anatomy & Physiology I, BIO 2341 Anatomy & Physiology II, SES 1001 Introduction to Sport & Exercise Studies, SES 2130 Kinesiology: Fundamentals of Human Movement, SES xxxx Fitness & Exercise Studies elective).

Recommended elective choices:

- Students will complete one elective at Tri-C during their 4th semester (SES 1100 Fundamentals of Fitness & Sport Management, SES 2300 Personal Training Certification Preparation, SES 2320 Group Fitness Instructor, SES 2330 Motor Learning & Development, SES 2340 Analysis of Motor Skills, SES 2350 Exercise for Special Populations, SES 2400 Sports Coaching: Principles & Concepts).
- Students will complete one elective at Hiram College during their 5th semester (IES/PHED 20000 Wellness: Fitness for Life + PHED 16500 Weight Training, 20300 Fitness Management, or PHED 22000 First Aid-CPR, IES 23300 Personal & Community Health, IES 24400 Athletic Training, IES 30900 Sports Psychology, IES 31100 Nutrition & Fitness, IES 39700 Fitness Administration & Organization, IES 40100 Exercise Testing & Prescription for Special Populations during the fifth semester).
- Students will complete three Biomedical Humanities courses at Hiram College during their 6th, 7th, and 8th semesters, and will be awarded a minor in Biomedical Humanities.

Benefits

- This program awards maximum credit for an associate degree from Cuyahoga Community College, streamlining completion of a bachelor's degree from Hiram College. A maximum of 75 credits transfers to Hiram from Tri-C for your Associate of Applied Science degree, fulfilling most of the Hiram core requirements and guaranteeing junior status.

All students must complete:

- A minimum of (120) semester credits (combined Tri-C and Hiram)
- Meet all residency requirements (45) credits for Hiram), plus major and minor residency)-**depends on 4-year requirements**

This information is provided by both institutions solely for convenience and expressly disclaims any liability 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 here.