

# Exercise Science

**Award**

Exercise Science Transfer Pathway A.S. Degree . . . . .60 cr

**Campus Contact For This Program**

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**EXERCISE SCIENCE TRANSFER PATHWAY  
A.S., 60 CREDITS**

Exercise Science Curriculum . . . . .20 cr

General Education Curriculum. . . . .40 cr

**Purpose**

The Exercise Science Transfer Pathway A.S. offers students a powerful option: the opportunity to complete an Associate of Science degree with course credits that directly transfer to designated Exercise Science, Kinesiology, Physical Education or Human Performance bachelor’s degree programs at Minnesota State universities. The curriculum has been specifically designed so that students completing the pathway degree and transferring to one of the seven Minnesota State Universities\* enter the university with junior-year status. All courses in the Transfer Pathway associate degree will directly transfer and apply to the designated bachelor’s degree programs in a related field.

The Exercise Science Pathway consists of the Required Pathway Curriculum and select Minnesota Transfer Curriculum (MnTC) requirements to bring your credit total to 60 credits.

This degree is part of a Minnesota State system agreement and will articulate with all other system universities and some metro-area private institutions. While this degree program prepares students to transfer to a 4-year program in Exercise Science or Kinesiology, it also prepares students to begin a career in the fitness industry.

*\*Universities within the Minnesota State system include Bemidji State University; Metropolitan State University; Minnesota State University, Mankato; Minnesota State University, Moorhead; Southwest Minnesota State University; St. Cloud State University; and Winona State University.*

**Transfer Pathways**

With this transfer pathway, you will be able to transfer to the following majors: at

- Bemidji State University  
Exercise Science - BS
- Minnesota State University, Mankato  
Exercise Science - BS
- Minnesota State University, Moorhead  
Exercise Science - BS
- Southwest Minnesota State University \*  
Exercise Science - BS
- Winona State University  
Exercise & Rehabilitative Sciences - BS

*\* Southwest Minnesota State University offers a BS option within the Twin Cities metropolitan area for interested students*

*Additional Transfer Pathway agreements have been established by various MN private colleges. Visit [mnprivatecolleges.org/transfer](http://mnprivatecolleges.org/transfer) for the most up to date information.*

**Pathway Curriculum 20 credits**

<input type="checkbox"/> PHED 1100 Introduction to Physical Education, Kinesiology, Exercise and Sport Science. . . . .	2
<input type="checkbox"/> PHED 1109 Weight Training. . . . .	2
<input type="checkbox"/> PHED 2000 Introduction to Personal Training . . . . .	2
<input type="checkbox"/> HLTH 1110 Nutrition. . . . .	3
<input type="checkbox"/> HLTH 1155 Lifetime Fitness & Wellness . . . . .	2
<input type="checkbox"/> HLTH/PHED electives* . . . . .	1
<input type="checkbox"/> BIOL 2201 Human Anatomy & Physiology I . . . . .	4
<input type="checkbox"/> BIOL 2202 Human Anatomy & Physiology II . . . . .	4

\* Electives may be chosen from any physical education courses.

**General Education Curriculum 40 credits**

<b>Goal 1 Communication</b>	
<input type="checkbox"/> ENG 1108 Writing & Research Skills . . . . .	4
<input type="checkbox"/> ENG 1111, 1114, <b>or</b> 1130 . . . . .	2-3
<input type="checkbox"/> COMM 1100, 1110 <b>or</b> 2230 . . . . .	3
<b>Goal 2 Critical Thinking</b>	
<input type="checkbox"/> Satisfied by Pathway	
<b>Goal 3 Natural Science</b>	
<input type="checkbox"/> BIOL 1120 Exploring Biology <b>or</b> BIOL 1154 Principles of Biology I . . . . .	4
<input type="checkbox"/> CHEM 1010 Introductory Chemistry <b>or</b> CHEM 1061 Principles of Chemistry I . . . . .	4-5
<b>Goal 4 Mathematical/Logical Reasoning</b>	
<input type="checkbox"/> MATH 1103 Introduction to Statistics. . . . .	4
<b>Goal 5 History/Social Sciences/Behavioral Sciences</b>	
<input type="checkbox"/> PSYC 1101 Introduction to Psychology . . . . .	4
<input type="checkbox"/> Goal 5 course (may be from PSYC). . . . .	3-4
<input type="checkbox"/> Goal 5 course (not from PSYC). . . . .	3-4
<b>Goal 6 Humanities/Fine Arts/Literature</b>	
<input type="checkbox"/> Any Goal 6 course . . . . .	3
<b>General electives (any MnTC course, recommend Goal 6) . . . 2-6</b>	

**Total Credits 60**

**Full-Time Recommended Course Of Study**

Note: Not all courses will be available every semester. For a complete list of MnTC Goal Area course choices, please visit: [inverhills.edu/MnTC](http://inverhills.edu/MnTC)

**Semester 1 15 credits**

PHED 1100 Introduction to Exercise Science . . . . .	2
PHED 1109 Weight Training . . . . .	2
BIOL 1120 Exploring Biology <b>or</b> BIOL 1154 Principles of Biology I . . . . .	4
ENG 1108 Writing & Research Skills (Goal 1, 2) . . . . .	4
MnTC Goal 5 course. . . . .	3

**Semester 2 15-17 credits**

HLTH 1155 Lifetime Fitness & Wellness. . . . .	2
CHEM 1010 Introductory Chemistry <b>or</b> CHEM 1061 Principles of Chemistry I . . . . .	4-5
PSYC 1101 Introduction to Psychology . . . . .	4
ENG 1111 Research Writing (Goal 1) <b>or</b> ENG 1114 The Research Paper <b>or</b> ENG 1130 Writing & Research for the Professions . . . . .	2-3
MnTC Goal 6 course. . . . .	3

**Semester 3 14 credits**

HLTH 1110 Nutrition . . . . .	3
PHED elective. . . . .	1
BIOL 2201 Human Anatomy & Physiology I . . . . .	4
COMM 1100 Interpersonal Communication (Goal 1, 7) <b>or</b> COMM 1110 Public Speaking (Goal 1, 2) <b>or</b> COMM 2230 Small Group Communication (Goal 1, 2). . . . .	3
MnTC Goal 5 course. . . . .	3

**Semester 4 14-16 credits**

PHED 2000 Introduction to Personal Training. . . . .	2
BIOL 2202 Human Anatomy & Physiology II . . . . .	4
MATH 1103 Introduction to Statistics. . . . .	4
General electives (MnTC courses only) . . . . .	4-6

**Total Credits 60**



A MEMBER OF MINNESOTA STATE

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