

2019-2020 Brunswick Community College (AAS) to University of Mount Olive (BS) Crosswalk

Health & Fitness Science, AAS (A45630)

Bachelor of Science: Exercise Science (01-19)

	<u>Brunswick CC</u>	<u>Course Name</u>	<u>UMO Equivalencies</u>	<u>Degree Destination</u>	<u>Credit</u>
<i>Fall Semester One (17-18sh)</i>	ACA 115 (1sh)	Success & Study	E (1sh)	Elective	1
	BIO 168 (4sh)	Anatomy & Phys I	BIO251/E/BP/MJ (4sh)	GER Bio/Physical Science	4
	ENG 111 (3sh)	Writing and Inquiry	ENG 111/W (3sh)	GER Written Communication	3
	MAT 143 (3sh)	Quantitative Literacy	MAT121/E/Q (3sh)	GER Quantitative Reasoning	3
	HEA 110 (3sh)	Personal Health/Wellness	HLH 110/E/C (3sh)	GER Citizenship	3
	HFS 110 (4sh)	Exercise Science	PED 141/E (4sh)	*Major Requirement	3
<i>Spring Semester One (17sh)</i>	BIO 155 (3sh)	Nutrition	HLH 310/E (3sh)	*Major Requirement	3
	BIO 169 (4sh)	Anatomy & Phys II	BIO252L/E/BP/MJ (4sh)	*Major Requirement	4
	CIS 110 (3sh)	Intro to Computers	CIS110/E/Ti (3sh)	GER Tech/Info Literacy	3
	HFS 111 (4sh)	Fitness & Exercise Testing I	PED 400/E (4sh)	*Major Requirement	3
	HFS 116 (3sh)	Pvnt & Care Exer Injuries	RLS 371/E (3sh)	*Major Requirement	3
<i>Fall Semester Two (15sh)</i>	COM 231 (3sh)	Public Speaking	ENG241/E/O/SB/G (3sh)	GER Oral Communications	3
	HEA 112 (2sh)	First Aid & CPR	RSS 231/E/C (2sh)	*Major Requirement	2
	HFS 120 (3sh)	Group Exercise Instruction	E (3sh)	Elective	3
	HFS 214 (3sh)	Health & Fitness Law	RLS 415/E (3sh)	*Major Requirement	3
	HSF 218 (4sh)	Lifestyle Changes/Wellness	E (4sh)	Elective	4
<i>Spring Semester Two (17sh)</i>	HFS 118 (4sh)	Fitness Facility Management	RLS 420/E (4sh)	*Major Requirement	3
	HFS 210 (3sh)	Personal Training	E (3sh)	Elective	3
	HFS 212 (3sh)	Exercise Programming	RLS 320/E (3sh)	*Major Requirement	3
	PSY 150 (3sh)	General Psychology	PSY100/E/SB (3sh)	GER Soc/Behavioral Science	3
	WBL 111 (1sh)	Work Based Learning I	E (1sh)	Elective	1
<i>Choose Hum/FA from list below</i>	(3sh)	Humanities/Fine Arts		GER Fine Art, Lit, or Rel	3
Total Brunswick CC Hours		66-67		Hours Transferring to UMO	64
				Minimum Hours for Degree	126

Elective List

<i>Hum/Fine Arts Electives</i>	ART 111 (3sh)	Art Appreciation	ART 111/E/F/G (3sh)
	ART 114 (3sh)	Art History Survey I	ART 252/E/F/G (3sh)
	ART 115 (3sh)	Art History Survey II	ART 255/E/F/G (3sh)
	ART 121 (3sh)	Two-Dimensional Design	ART115/E/F/G (3sh)
	ART 131 (3sh)	Drawing I	ART121/E/F/G (3sh)
	DAN 110 (3sh)	Dance Appreciation	E/G/F (3sh)
	ENG 231 (3sh)	American Literature I	E/G/L (3sh)
	ENG 232 (3sh)	American Literature II	E/G/L (3sh)
	ENG 241 (3sh)	British Literature I	E/G/L (3sh)
	MUS 110 (3sh)	Music Appreciation	MUS 250/E/F/G (3sh)
	MUS 112 (3sh)	Introduction to Jazz	E/F/G (3sh)
	REL 110 (3sh)	World Religions	REL 240/E/C/G/R (3sh)
	REL 211 (3sh)	Introduction to Old Testament	REL 111/E/C/G/R (3sh)
	REL 212 (3sh)	Introduction to New Testament	REL 112/E/C/G/R (3sh)

W = Written Communication
TI = Technology/Info Literacy
G = Global Understanding
SB = Social/Behavioral Sci
H = History
O = Oral Communication
GER = General Education

F = Fine Arts
L = Literature
C = Citizenship
BP = Biological/Phys Sci
RL = Related Studies
R = Religion
Q = Quantitative Reasoning

Updated
12/12/2019

Notes: (1) A maximum of 64sh can be transferred from a 2yr school. (2) Transferred courses must earn minimum grade of "C".

University of Mount Olive Coursework-Traditional
Sample Schedule to complete final two years of Exercise Science degree

Semester One (16sh)	HIS 221 (3sh)	American History I	GER Requirement	3
	PED 374 (3sh)	Physiology of Exercise	*Major Requirement	3
	PED 345 (3sh)	Strength & Conditioning Techniques	*Major Requirement	3
	PED 342 (3sh)	Exercise Testing/Prescription Healthy Pops	*Major Requirement	3
	ENG 112 (3sh)	English Composition II	GER Requirement	3
	RLS 201 (1sh)	Intro to Research & Writing in RLS	*Major Requirement	1
Semester Two (16sh)	ENG 213 (3sh)	Perspectives in World Literature	GER Requirement	3
	HIS 111 (3sh)	World Civilizations I	GER Requirement	3
	PED 343 (3sh)	Exercise Testing/Prescription Special Pops	*Major Requirement	3
	RLS 232 (1sh)	Field Training	*Major Requirement	1
	PED 375 (3sh)	Kinesiology	*Major Requirement	3
	RLS 310 (3sh)	History & Philosophy of Rec/Leisure	*Major Requirement	3
Semester Three (18sh)	REL 111 (3sh)	Introduction to Old Testament	GER Requirement	3
	BIO 120 (3sh)	Principles of Biology I	GER Requirement	3
	SPA 111 (3sh)	Elem. Spanish I	GER Requirement	3
	(3sh)	PED/RLS Elective	*Major Requirement	3
	RLS 430 (3sh)	Senior Seminar	*Major Requirement	3
	RLS 400 (3sh)	Research Methods	*Major Requirement	3
Semester Four (12sh)	RLS 499 (12sh)	Internship in Exercise Science	*Major Requirement	12

Notes: (1) This is a sample schedule only--course and sequence may vary. (2) GER requirements not limited to courses listed in sample schedule.

Total UMO Hours **62**
Total Transferred Hours **64**
Total Hours Completed **126**