

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

Health & Fitness Science, AAS (A45630)

Bachelor of Science: Exercise Science (01-19)

	<u>Central Car. CC</u>	<u>Course Name</u>	<u>UMO Equivalencies</u>	<u>Degree Destination</u>	<u>Credit</u>
Fall Semester One (17sh)	ACA 122 (1sh)	College Transfer Success	E (1sh)	Elective	1
	(3sh)	Humanities/Fine Arts		GER Fine Art, Lit, or Rel	3
	ENG 111 (3sh)	Writing and Inquiry	ENG 111/W (3sh)	GER Written Communication	3
	HEA 112 (2sh)	First Aid & CPR	RSS 231/E/C (2sh)	*Major Requirement	2
	HFS 110 (4sh)	Exercise Science	PED 141/E (4sh)	*Major Requirement	3
	HFS 111 (4sh)	Fitness & Exercise Testing I	PED 400/E (4sh)	*Major Requirement	3
Spring Semester One (16sh)	ENG 112 (3sh)	Writing/Res. in the Discip	ENG112/E/W (3sh)	GER Written Communication	3
	HFS 116 (3sh)	Pvnt & Care Exer Injuries	RLS 371/E (3sh)	*Major Requirement	3
	HFS 120 (3sh)	Group Exercise Instruction	E (3sh)	Elective	3
	HFS 210 (3sh)	Personal Training	ME/E (3sh)	*Major Requirement	3
	PED 117 (1sh)	Weight Training I	E (1sh)	Elective	1
	PSY 150 (3sh)	General Psychology	PSY100/E/SB (3sh)	GER Soc/Behavioral Science	3
Summer Semester One (10sh)	BIO 155 (3sh)	Nutrition	HLH 310/E (3sh)	*Major Requirement	3
	HSF 218 (4sh)	Lifestyle Changes/Wellness	E (4sh)	Elective	4
	PED 110 (2sh)	Fit & Well for Life	HLH110/E/C (2sh)	GER Citizenship	2
	PED 113 (1sh)	Aerobics I	E (1sh)	GER Citizenship	1
Fall Semester Two (14sh)	BIO 168 (4sh)	Anatomy & Phys I	BIO251/E/BP/MJ (4sh)	GER Bio/Physical Science	4
	HFS 118 (4sh)	Fitness Facility Management	RLS 420/E (4sh)	*Major Requirement	3
	PED 118 (1sh)	Weight Training II	E (1sh)	Elective	1
	WBL 111 (1sh)	Work Based Learning I	E (1sh)	Elective	1
	MAT 171 (4sh)	Precalculus Algebra	MAT120/E/Q (3sh)	GER Quantitative Reasoning	3
Spring Semester Two (15sh)	BIO 169 (4sh)	Anatomy & Phys II	BIO252L/E/BP/MJ (4sh)	*Major Requirement	4
	HSF 211 (3sh)	Fitness & Exercise Testing II	E (3sh)		
	HFS 212 (3sh)	Exercise Programming	RLS 320/E (3sh)	*Major Requirement	3
	HFS 214 (3sh)	Health & Fitness Law	RLS 415/E (3sh)	*Major Requirement	3
	WBL 121 (1sh)	Work Based Learning II	E (1sh)	Elective	1
Total Central Carolina CC Hours	72			Hours Transferring to UMO	64
				Minimum Hours for Degree	126

Elective List

Hum/Fine Arts Electives	ART 111 (3sh)	Art Appreciation	ART 111/E/F/G (3sh)	
UMO Recommended courses in BOLD	DRA 111 (3sh)	Theatre 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)	
	ENG 242 (3sh)	British Literature II	E/G/L (3sh)	
	ENG 261 (3sh)	World Literature I	E/G/L (3sh)	
	ENG 262 (3sh)	World Literature II	E/G/L (3sh)	
	HUM 110 (3sh)	Technology and Society	E/C/G (3sh)	
	HUM 115 (3sh)	Critical Thinking	PHI 210/E/G (3sh)	
	HUM 120 (3sh)	Cultural Studies	E/G (3sh)	
	MUS 110 (3sh)	Music Appreciation	MUS 250/E/F/G (3sh)	
	MUS 112 (3sh)	Introduction to Jazz	E/F/G (3sh)	
	PHI 240 (3sh)	Introduction to Ethics	E/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

F = Fine Arts
 L = Literature
 C = Citizenship
 BP = Biological/Phys Sci

**Updated
12/12/2019**

must earn minimum grade of "C".

H = History
O = Oral Communication
GER = General Education

RL = Related Studies
R = Religion
Q = Quantitative Reasoning

University of Mount Olive Coursework-Traditional <i>Sample Schedule to complete final two years of Exercise Science degree</i>				
Semester One (16sh)	HIS 200 (3sh)	Contemporary World History	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
	RLS 310 (3sh)	History & Philosophy of Rec/Leisure	*Major 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 223 (3sh)	Major Issues in American History	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
	BIO 120 (3sh)	Principals of Biology I	GER Requirement	3
Semester Three (18sh)	REL 111 (3sh)	Introduction to Old Testament	GER Requirement	3
	ENG 241 (3sh)	Public Speaking	GER Requirement	3
	SPA 111 (3sh)	Elem. Spanish I	GER Requirement	3
	CIS 110 (3sh)	Introduction to Computers	GER 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