

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

**Health and Fitness Science, AAS (A45630) \***

**Bachelor of Science: Exercise Science Curriculum (01-19)**

	<u>Coastal CCC</u>	<u>Course Name</u>	<u>UMO Equivalencies</u>	<u>Degree Destination</u>	<u>Credit</u>	
<b>First Fall Semester (16sh)</b>	ACA 111 (1sh)	College Student Success	E (1sh)	Elective	1	
	BIO 168 (4sh)	Anatomy & Phys I	BIO251/E/BP (4sh)	GER Bio/Physical Science	4	
	CIS 110 (3sh)	Intro to Computers	CIS110/E/Ti (3sh)	GER Tech/Info Literacy	3	
	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	
<b>First Spring Semester (12sh)</b>	BIO 169 (4sh)	Anatomy & Phys II	BIO252L/E/BP (4sh)	*Major Requirement	4	
	ENG 111 (3sh)	Writing and Inquiry	ENG 111/W (3sh)	GER Written Communication	3	
	PED 117 (1sh)	Weight Training I	E (1sh)	Elective	1	
	PED 120 (1sh)	Walking For Fitness	E (1sh)	Elective	1	
	HFS 116 (3sh)	Pvnt & Care Exer Injuries	RLS 371/E (3sh)	*Major Requirement	3	
<b>First Summer Semester (10sh)</b>	<b>ENG 112 (3sh)</b>	<b>Writing and Research in the Disciplines</b>	<b>ENG 112/W (3sh)</b>	<b>GER Written Communication</b>	<b>3</b>	
<i>UMO Recommended courses in BOLD</i>						
	<b>OR</b>					
	COM 120 (3sh)	Interpersonal Comm	ENG241/E/O/RS/SB/G (3sh)			
	PED 119 (1sh)	Circuit Training	E (1sh)	Elective	1	
	PSY 150 (3sh)	General Psychology	PSY 100/E/SB (3sh)	GER Global Understanding	3	
<i>Choose Humanities from list below</i>						
	<b>(3sh)</b>	<b>Humanities Elective</b>		<b>GER Fine Art/Lit/Rel</b>	<b>3</b>	
<b>Second Fall Semester (11-14sh)</b>	HEA 112 (2sh)	First Aid & CPR	RLS 231/E/C (2sh)	*Major Requirement	2	
	<i>UMO Recommended courses in BOLD</i>					
		<b>MAT 110 (3sh)</b>	Math Measurement & Literacy	E (3sh)		
		<b>OR</b>				
		<b>MAT 171 (4sh)</b>	<b>Precalculus Algebra</b>	<b>MAT 120/E/Q (3sh)</b>	<b>GER Quantitative Reasoning</b>	<b>3</b>
		PED 118 (1sh)	Weight Training II	E (1sh)		
		PED 122 (1sh)	Yoga	E (1sh)		
		<b>OR</b>				
		PED 111 (1sh)	Physical Fitness	E (1sh)		
		<b>OR</b>				
	<b>HFS 210 (3sh)</b>	<b>Personal Training</b>	<b>E (3sh)</b>	<b>Elective</b>	<b>3</b>	
	HSF 218 (4sh)	Lifestyle Changes/Wellness	E (4sh)	GER Citizenship/Elective	4	
<b>Second Spring Semester (14-16sh)</b>	BIO 155 (3sh)	Nutrition	HLH 310/E (3sh)	*Major Requirement	3	
	<i>UMO Recommended courses in BOLD</i>					
		HFS 118 (4sh)	Fitness Facility Management	RLS 420/E (4sh)	*Major Requirement/Elective	4
		HFS 120 (3sh)	Group Exercise Instruction	E (3sh)	Elective	3
		HFS 212 (3sh)	Exercise Programming	RLS 320/E (3sh)	*Major Requirement	3
		WBL 111 (1sh)	Work-Based Learning	E (1sh)		
		<b>OR</b>				
	<b>PSY 271 (3sh)</b>	<b>Sports Psychology</b>	<b>PED 310/E/SB (3sh)</b>	<b>*Major Requirement</b>	<b>3</b>	
<b>Total Coastal Carolina CC Hours 63-68</b>						
				<b>Hours Transferring to UMO</b>	<b>64</b>	
				<b>Minimum Hours for Degree</b>	<b>126</b>	

### Elective List

<b>Hum/Fine Arts Elective (3sh)</b>	ART 111 (3sh)	Art Appreciation	ART 111/E/F/G (3sh)		
<i>Choose one Humanities Elective</i>					
	ART 114 (3sh)	Art History Survey I	ART 252/E/F/G (3sh)		
<i>For use in First Summer Semester</i>					
	ART 115 (3sh)	Art History Survey II	ART 255/E/F/G (3sh)		
	DRA 111 (3sh)	Theatre Appreciation	E/G/F (3sh)		
	DRA 211 (3sh)	Theatre History I	E/F/G (3sh)		
	DRA 212 (3sh)	Theatre History II	E/F/G (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)		

MUS 110 (3sh) Music Appreciation  
 MUS 112 (3sh) Introduction to Jazz  
 MUS 210 (3sh) History of Rock Music  
 REL 211 (3sh) Introduction to Old Testament  
 REL 212 (3sh) Introduction to New Testament

MUS 250/E/F/G (3sh)  
 E/F/G (3sh)  
 E/F/G (3sh)  
 REL 111/E/C/G/R (3sh)  
 REL 112/E/C/G/R (3sh)

\* BIO 120 prerequisite will be waived for students that transfer BIO 168 and BIO 169.

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  
 5/29/2019

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

<b>Semester One (16sh)</b>	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
	RLS 310 (3sh)	History & Philosophy of Rec/Leisure	*Major Requirement	3
	RLS 201 (1sh)	Intro to Research & Writing in RLS	*Major Requirement	1
<b>Semester Two (16sh)</b>	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
	(3sh)	Free Elective	General Elective	3
<b>Semester Three (18sh)</b>	REL 111 (3sh)	Introduction to Old Testament	GER Requirement	3
	ENG 241 (3sh)	Public Speaking	GER Requirement	3
	SOC 210 (3sh)	Intro to Sociology	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
<b>Semester Four (12sh)</b>	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