



**Bachelor of Science in  
Exercise Science**

# TRINE UNIVERSITY

Transfer Overview	Credit Hours
Notre Dame College - BA/BS Biology credits transferred	73
Trine BS, Exercise Science remaining credits to complete	47
<b>Total Credits</b>	<b>120</b>

## Trine Bachelor of Science in Exercise Science - 120 Credit Hours

General Education Requirements - 30 Hours			Transfer Institution Information		
Communication - 9 hours			Credits	Notre Dame College	Credits
ENG 143	College Composition	3	ENG 100	College Composition I	3
HUM 203	Humanities Seminar	3	ENG 101	College Composition II (SUB)*	3
SP 203	Effective Speaking	3	CA 100	Speech	3
Humanities and Social Science - 9 hours					
PSY 113	Principles of Psychology	3	PY 201	General Psychology	3
SM 393	Sport Psychology	3	PSY 235	Sports Psychology	3
	Humanities Elective	3		Creative, Theological, Philosophical, or Literary Inquiry	3
Mathematics and Science - 10 hours					
MA 113	College Algebra	3	MA 110	Intermediate Algebra	3
BIO 154	Human Body Systems	4	BIO 300/301	Human A&P I and Lab	4
BIO 163	Medical Terminology	3	BI 211	Medical Terminology	3
Other - 2 hours					
EXS 102	Lifetime Wellness	2	HP 112	Lifetime Wellness	2
Exercise Science Core - 55 hours					
UE 101	University Experience	1	FYF 100	First Year	1
EXS 113	Intro to Exercise Science	3	HP 231	Exercise Science	3
EXS 203	Risk and Sports	3			
EXS 263	Motor Learning	3			
EXS 273	Nutrition	3	HP 215	Nutrition for Sport, Fit, & Health	3
EXS 283	Fitness Evaluation Assessment	3			
EXS 293	Biomechanics	3			
EXS 323	Performance Nutrition	3			
EXS 333	Kinesiology	3	HP 350	Applied Kinesiology	3
EXS 343	Principles of Human Performance	3			
EXS 353	Exercise Physiology	3	BI 325	Exercise Physiology for Majors	3
EXS 363	Capstone Experience in Health Sciences I	3			
EXS 373	Health Promotion & Problems	3			
EXS 383	Health Coaching	3			
EXS 483	Professional Development in EXS	3			
Exercise Science Electives					
Complete 12 credit hours from the below courses					
EXS 103	Teaching Sport Skills I	3			
EXS 43	Athletic Training	3			
EXS 413	Corrective Exercise	3			
EXS 423	Evaluation of Athletic Injuries	3			
EXS 453	Capstone Experience in Health Sci II	3			
EXS 483	Professional Dvlp in EXS - Coaching	3			
EXS 493	Strength & Conditioning Prep	3			
EXS 474	Professional Dvlp in Athletic Training	3			
AHS 113	Intro to Public Health	3			
Electives - 35 hrs					
	Electives	35	Complete from undistributed credits. Total transfer credit not to exceed 90 credits.		
		Total	120	Transfer Total	73

\*HUM 203 Humanities Seminar has a residency requirement with no substitutions or transfers. This will be waived for Notre Dame College students who have successfully completed ENG 101 College Composition II.

**Transfer Policy**

1. An official college/university transcript sent or scores from the transferring college to Trine University.
2. A grade of "C" or higher was earned in the transferring course.
3. Credits are from a regionally accredited or DOE institution.
4. Courses are 100-level or higher (not pre-college, remedial, developmental, preparatory, or credits through testing or assessed learning).