



# TRINE UNIVERSITY

## Siena Heights Transfer Guide to BS - Exercise Science

**66 hours** total eligible for transfer. Only 54 hours left to complete 120 hours of program requirements.

### Pre-Professional Prep

- Pre-Physical Therapy
- Pre-Occupational Therapy

TRINE UNIVERSITY BACHELOR OF SCIENCE IN EXERCISE SCIENCE (120 HRS)					
Siena Heights University BS - Exercise Science					66
Trine University BS - Exercise Science					54
				Total Credits	120
General Education Requirements – 30 hours		Transfer Institution Information			
Communication – 9 hrs.		Credits	Siena Heights Univ	Credits	
ENG 143	College Composition	3	ENG 102	3	
HUM 203	Humanities Seminar	3			
SP 203	Effective Speaking	3			
Humanities and Social Science – 9 hrs.					
PSY 113	Principles of Psychology	3	PSY 111	3	
	PSY Elective (200 Level or above)	3	PSY 230 OR SMG 221	3	
	Humanities Elective	3	PHILOSOPHY or RELIGIOUS STUDIES	3	
Mathematics and Science – 10 hrs.					
MA 113	College Algebra	3			
	Biology Elective (3)	3	BIO 121	3	
	Biology Elective (4)	4	BIO 122	4	
Other - 2 hrs.					
EXS 102	Lifetime Wellness	2			
Exercise Science Core – 43 hrs.					
UE 101	University Experience	1			
EXS 113	Intro to Exercise Science	3	EXS 101	2	
EXS 203	Risk and Sports	3			
EXS 263	Motor Learning	3			
EXS 273	Nutrition	3	EXS 201	3	
EXS 283	Fitness Evaluation Assessment	3			
EXS 293	Biomechanics	3			
EXS 323	Performance Nutrition	3			
EXS 333	Kinesiology	3	EXS 341	3	
EXS 343	Principles of Human Performance	3			
EXS 353	Exercise Physiology	3	EXS 345	3	
EXS 363	Capstone Experience in Health Science I	3	EXS 480	3	
EXS 373	Health Promotion & Problems	3	EXS 342	3	
EXS 383	Health Coaching	3			
EXS 483 or	Professional Development in Exercise Science or				
EXS 474	Professional Development in Athletic Training	3			
Exercise Science Electives – 15 hrs.					
AHS 113	Intro to Public Health	3			
EXS 103	Teaching Sport Skills I	3			
EXS 193	Personal Training Preparation	3			
EXS 243	Athletic Training	3			
EXS 413	Corrective Exercise	3			
EXS 423	Evaluation of Athletic Injuries	3	EXS 321	3	
EXS 453	Capstone Experience in Health Science II	3			
EXS 473	Global Perspectives Health & Wellness	3			
EXS 483	Professional Development in Exercise Science	3	EXS 480		
EXS 493	Strength & Conditioning Preparation	3	EXS 441	3	
	Exercise Science Elective	1	EXS 238	1	
	Exercise Science Elective	2	EXS 248	2	
	Exercise Science Elective	1	EXS 249	1	
	Exercise Science Elective	3	EXS 343	3	
Professional Electives - 12 hours					
AHS 203	Medical Law & Ethics for Health Science	3			
CH 104	General Chemistry I	4	CHE 141		
CH 114	General Chemistry II	4	CHE 142		
ENG 453	Advanced Composition	3			
MA 123	Trigonometry	3			
MA 253	Statistics	3	MAT 174		
MGT 323	Leadership	3			
PH 154	College Physics I	4	PHY 141	4	
PH 154	College Physics II	4	PHY 142		
PSY 323	Abnormal Psychology	3			
PSY 363	Human Behavior & Counseling	3			
PSY 413	The Psychology of Addiction	3			
SM 313	Principles of Sport & Recreation Management	3			
SM 393	Sport Psychology	3	SMG 221		
Electives – 20 hrs.					
	General Elective	1	BIO 120	1	
	General Elective	4	BIO 141	4	
	General Elective	4	BIO 241	4	
	General Elective	4	MAT 159	4	
	General Elective	3	SOC 111		
	General Elective	3			
	General Elective	2			
TOTAL		120	TOTAL		66

### Transfer Policy

- Official transcripts and scores sent to Trine University.
- A grade of "C" or higher earned.