

# UNIVERSITY OF CENTRAL MISSOURI

## Metropolitan Community College Associate of Arts

to

### UCM Bachelor of Science in Physical Education: Exercise Science

#### YEARS 1 AND 2 AT Metropolitan Community College

Complete the Associate in Arts (A.A.) degree and include the following courses in the A.A. course of study: UCM Equivalencies in parenthesis

	<b>Minimum Hours</b>
<b>Communications</b>	<b>9</b>
Choose 9 hours in above area from the MCKC AA Catalog	
<b>Mathematics</b>	<b>3</b>
MATH 120 College Algebra (MATH 1111)**	3
<b>American Institutions</b>	<b>3</b>
Choose 3 hours in above area from the MCKC AA Catalog	
<b>Sciences</b>	<b>7</b>
CHEM 105 Introductory Chemistry for Health Science (CHEM 1104)**	*5
Choose 2 hours in above area from the MCKC AA Catalog	
<b>Western Civilization</b>	<b>3</b>
Choose 3 hours in above area from the MCKC AA Catalog	
<b>Social Sciences</b>	<b>3</b>
PSYC 140 General Psychology (PSY 1100)**	3
<b>Humanities</b>	<b>3</b>
Choose 3 hours in above area from the MCKC AA Catalog	
<b>Humanities Appreciation</b>	<b>3</b>
Choose 3 hours in above area from the MCKC AA Catalog	
<b>Common Core Electives</b>	<b>3-8</b>
Choose 3-8 hours in above area from the MCKC AA Catalog	
<b>General Degree Requirements</b>	<b>7</b>
Choose 7 hour in above area from the MCKC AA Catalog	
<b>Electives</b>	<b>*11</b>
<b>No more than 4 credits from PHED can be used to fulfill this requirement.</b>	
<b>**Course fulfills a major requirement at UCM and if not taken as part of AA must be taken at UCM</b>	
ENGL 215 Technical Writing (CTE 3060)**	3
PHED 126 Lifetime Fitness I (PE 1206)**	*2
PHED First Aid/CPR (HED 1350)**	*2
PHYS 104: Foundations of Physical Science with Lab (PHYS 1104)**	*5

#### YEARS 3 AND 4 AT UCM

	<b>Minimum Hours</b>
<b>Major Requirements</b>	<b>*20</b>
AT 3610 Care & Prevention of Injuries	3
PE 1800 Functional Anatomy	3
PE 2472 Communicating Ideas on Sport	3
PE 2800 Biomechanics	3
PE 2850 Foundations of Exercise Physiology	3
PE 4340 Adapted Physical Education	3
PE 4740 Legal Liability in Fitness/Wellness, Physical Education, Recreation, & Sports Settings	2
<b>Option 3: Exercise Science</b>	<b>*41</b>
PE 1101 Introduction to Exercise Science	3
PE 2900 Essentials of Personal Training	3
PE 4341 Physical Activity & Special Populations	3
PE 4765 Internship	6
PE 4850 Assessment & Evaluation of Fitness / Wellness	3
PE 4860 Fitness Program & Implementation	3
PE 4870 Clinical Exercise Physiology	3
BIOL 3401 Human Anatomy	3
BIOL 3402 Human Physiology	5
D&N 3340 Nutrition	3
HED 4300 Nutrition & Human Performance	3
PSY 4520 Statistics for Behavioral Sciences	3

#### **Free Electives** **13-16**

\* Exact hours may vary depending on transfer coursework  
This guide is based on the UCM 2016 Undergraduate Catalog and is subject to change.

**Minimum Hours Required for A.A.: 60**

**Minimum Hours Required for B.S.: 120-129**

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### VALIDITY OF THIS TRANSFER GUIDE

This guide is based on the UCM 2016 Undergraduate Catalog and is subject to change. This guide is a recommendation only and your actual program may vary. Time to degree completion and course sequencing will depend on any credits transferred to UCM and on planned placement in math, reading, and writing. See the current UCM Undergraduate Catalog and MCKC Course Catalog for a complete listing of academic policies, curriculum, prerequisites, and course descriptions.

### GENERAL EDUCATION REQUIREMENTS

Students who hold an Associate in Arts Degree from MCKC or have met the Missouri 42-hour General Education Core requirements are considered to have fulfilled all UCM General Education requirements, except specific general education classes required by this major. Lists of General Education Requirements can be found in the UCM Catalog.

**For those students with an associate degree other than the Associate of Arts or who have not completed the A.A. degree, transfer courses are evaluated on a course-by-course basis.**

### REQUIREMENTS FOR THIS MAJOR

- Minimum of 120 hours
- Minimum of 30 hours of upper-level credit (3000/4000 level). Courses taken at a two-year college MAY be articulated for an upper-level course but WILL NOT count towards upper-level hour requirements.
- Minimum of 12 hours of upper-level credit (3000/4000 level) in major
- No minor is required for this degree.
- No modern language is required for this degree.

### RESIDENCY REQUIREMENTS FOR A DEGREE AT UCM

A candidate for any bachelor's degree must have earned the following minimum hours at UCM:

- 30 hours overall
- 20 upper-level hours (3000/4000 level courses)
- 15 hours in the major
- 9 upper-level hours in the major
- 9 hours in minor (if applicable)
- 1 upper-level hour in minor (if applicable)
- The last 12 semester hours required for the degree

### GPA REQUIRED FOR GRADUATION

Students must achieve a minimum GPA of 2.00 in all GPAs to qualify for graduation. This includes cumulative GPA, UCM GPA, major GPA, and minor GPA (if applicable). Some degrees have additional GPA requirements.

### DUAL ADMISSION

Students are encouraged to apply for dual admission during their first semester at MCKC to coordinate associate degree completion with degree requirements at UCM. To learn more visit [www.ucmo.edu/undergrad/dualadmissions.cfm](http://www.ucmo.edu/undergrad/dualadmissions.cfm).

### GENERAL EDUCATION ASSESSMENT

All UCM students are required to pass a General Education Assessment (GEA). Students transferring in more than 45 hours are required to take the test during their first semester at UCM. Testing Services can be contacted by phone at (660) 543-4919 or by e-mail at [testingservices@ucmo.edu](mailto:testingservices@ucmo.edu). To learn more visit [www.ucmo.edu/assessment/documents/gened\\_policy.pdf](http://www.ucmo.edu/assessment/documents/gened_policy.pdf)

### CATALOGS

Metropolitan Community College catalog:  
[http://www.mckc.edu/PDF/MCC\\_Online\\_Catalog\\_2016-2017.pdf](http://www.mckc.edu/PDF/MCC_Online_Catalog_2016-2017.pdf)

UCM catalog: [www.ucmo.edu/catalogs](http://www.ucmo.edu/catalogs)

### TRANSFER WORK

Arrange for all transfer work to be posted at UCM at the time of application. An official transcript must be received at UCM directly from each school attended. Individual transfer equivalencies can be found online at [www.ucmo.edu/corequiv](http://www.ucmo.edu/corequiv). Transcripts can be sent to: University of Central Missouri, Office of Admissions, Ward Edwards 1400, Warrensburg, MO 64093

### UCM TRANSFER ADVISORS

UCM advisors for programs in the College of Health, Science, and Technology (CHST) are located in the CHST Advising Center located in Administration 105. Contact your advisor by calling (660)543-4554 or by email [chstadvising@ucmo.edu](mailto:chstadvising@ucmo.edu).

### UCM DEPARTMENT CONTACT

The Department of Nutrition and Kinesiology is located in North Morrow 125. You can contact them by telephone at (660) 543-4256 or by e-mail [nutritionandkinesiology@ucmo.edu](mailto:nutritionandkinesiology@ucmo.edu). To learn more visit [www.ucmo.edu/nutrition](http://www.ucmo.edu/nutrition).

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