North Idaho College & Lewis-Clark State College  
Bachelor of Science/Arts  
Exercise Science (Kinesiology & Natural Science)

<table>
<thead>
<tr>
<th>North Idaho College</th>
<th>Lewis-Clark State College</th>
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<tbody>
<tr>
<td><strong>To transfer into the Health &amp; Kinesiology portion:</strong></td>
<td><strong>Transfer each of the recommended courses detailed on the left to LCSC. If all of the recommended courses are not transferred, additional coursework at LCSC will be required. See your LCSC advisor for more information.</strong></td>
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<tr>
<td>PE 160 Foundations of Physical Education</td>
<td>KIN 361 Biomechanics Lab</td>
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<tr>
<td>PE 222 Wellness Lifestyles</td>
<td>KIN 362 Biomechanics</td>
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<tr>
<td>BIOL 207 Concepts of Human Nutrition</td>
<td>KIN 363 Physiology of Exercise</td>
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<tr>
<td>PE 248 Care &amp; Prevention of Athletic Injuries</td>
<td>KIN 364 Exercise Physiology Lab</td>
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<tr>
<td><strong>To transfer into the Natural Science portion:</strong></td>
<td>KIN 381 Tests &amp; Measurement</td>
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<tr>
<td>Chem 111 Principles of Chemistry I</td>
<td>KIN 434 Exercise Prescription</td>
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<tr>
<td>Chem 112 Principles of Chemistry II</td>
<td>KIN 494 Internship</td>
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<tr>
<td>BIOL 201 Biology I</td>
<td><strong>Select TWO of the following courses (6 credits total):</strong></td>
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<tr>
<td>BIOL 202 Biology II</td>
<td>KIN 410 Sports Psychology</td>
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<tr>
<td>BIOL 227 Human Anatomy and Physiology I</td>
<td>KIN 433 Balance &amp; Mobility</td>
</tr>
<tr>
<td>BIOL 228 Human Anatomy and Physiology II</td>
<td>KIN 435 Aging &amp; Physical Activity</td>
</tr>
<tr>
<td>MATH 147 PreCalculus</td>
<td>KIN 467 Phys Act/Rec/Indiv/Spec Needs</td>
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<tr>
<td><strong>Additional credits as needed to fulfill NIC requirements for AA/AS degree. Consult with NIC advisor.</strong></td>
<td>HLTH 453 Health Promotion</td>
</tr>
<tr>
<td><strong>Total credits required for AA/AS degree:</strong> 64</td>
<td>HLTH 452 Wellness Coaching</td>
</tr>
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</table>

Complete all required/elective coursework for the AA/AS degree at NIC.

The coursework listed above, if included in your program at NIC, may* count towards your degree at Lewis-Clark State College.

* Courses used to fulfill specific general education core requirements cannot be double-counted to fulfill LCSC program requirements.

**Total NIC & LCSC Credits** 120

Graduation Requirements:

120 total credits  
32 resident credits  
36 upper division credits

* Foreign/Heritage Language: 16 credits for B.A.  
Students may begin and/or complete Spanish or Nez Perce at LCSC.

Questions:  
LCSC Division of Education & Kinesiology  
208.79.2260  
education@lcsc.edu

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Coeur d'Alene Center  
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