

## Exercise Science/Health Occupations 2018-2019

Advising Guide



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## GENERAL EDUCATION

| Course #   | Course Title                            | CR        |  |
|--|---|-----------|--|
| <b>Written Communication</b>   |   |           |  |
| ENGL 101   | English Composition I                   | 3         |  |
| ENGL 102   | English Composition II                  | 3         |  |
| <b>Oral Communication</b>  |   |           |  |
| Students choice from GEM 2   |   | 3         |  |
| <b>Mathematical Ways of Knowing</b>  |   |           |  |
| MATH 147   | Precalculus                             | 5         |  |
| <b>Scientific Ways of Knowing</b>  |   |           |  |
| ANAT 211   | Human Anatomy and Physiology 1          | 4         |  |
| CHEM 111   | Principles of Chemistry w/ lab          | 4         |  |
| <b>Humanistic &amp; Artistic Ways of Knowing</b>   |   |           |  |
| Student choice from GEM 5  |   | 3         |  |
| Student choice from GEM 5 (must be different discipline than previously selected GEM 5 course) |   | 3 to 4    |  |
| <b>Social &amp; Behavioral Ways of Knowing</b>   |   |           |  |
| PSYC 101   | General Psychology                      | 3         |  |
| EXHS 155   | Health and Wellness                     | 3         |  |
| <b>Connecting With Ideas</b>   |   |           |  |
| CWID 101   | Connecting with Ideas                   | 3         |  |
| <b>Global Perspectives</b>   |   |           |  |
| HLTH 280***  | Global Health                           | 3         |  |
| <b>Additional CWI courses that also meet LCSC BA/BS Degree Requirements</b>                    |   |           |  |
| ANAT 212   | Human Anatomy and Physiology 2          | 4         |  |
| HLTH 220   | Fundamentals of Nutrition               | 3         |  |
| EXHA 103   | Stress Management                       | 3         |  |
| EXHS 201   | Foundations of Physical Activity        | 3         |  |
| EXHS 220   | Care and Prevention of Athletic Injury  | 4         |  |
| HLTH 110   | Drug Use and Abuse                      | 3         |  |
| HLTH 210   | Human Sexuality                         | 3         |  |
| HLTH 290   | Exercise and Health Science Capstone    | 2         |  |
| PHLT 240   | Intro to Health Promotion and Education | 3         |  |
| ***At CWI, students must select a GEM course that includes the "E" (Ethics) designation        |   |           |  |
| <b>CWI TOTAL</b>   |   | <b>70</b> |  |

| Course #  | Course Title  | CR         |  |
|---|---|------------|--|
| <b>Health &amp; Kinesiology Program with Exercise Science/Health Occupations emphasis</b> |   |            |  |
| KIN 260   | Introduction to Kinesiology and Health  | 1          |  |
| KIN 370   | Motor Learning/Motor Development  | 3          |  |
| KIN 381   | Tests and Measurements  | 3          |  |
| KIN 486   | Organization/Administration of HPER   | 3          |  |
| HLTH 352  | Technologies for Health & Wellness Professionals  | 3          |  |
| KIN 494   | Internship  | 3          |  |
| KIN 261, 262, 267, 268, 269   | Select THREE of the Skill/Analysis Courses: Court Sports, Field Sports, Strength Development, Core & Flexibility or Gymnastics & Movement | 3          |  |
| KIN 362   | Biomechanics  | 3          |  |
| KIN 363   | Physiology of Exercise  | 3          |  |
| KIN 434   | Exercise Prescription   | 3          |  |
| Select FIVE (5) credits from the following selectives:                                    |   | 5          |  |
| HLTH 248, HLTH 454, KIN 410, KIN 435 or KIN 467   |   |            |  |
| Choose elective credits (see advisor)   |   | 11         |  |
| <b>Senior Research Project</b>  |   |            |  |
| KIN 498   | Senior Research Project I   | 3          |  |
| KIN 499   | Senior Research Project II  | 3          |  |
| <b>Integrative Seminar: Ethics and Values</b>   |   |            |  |
| Student does not need this class when transferring with an AA or AS                       |   |            |  |
| <b>Graduation Requirements</b>  |   |            |  |
| Resident Credits  |   | 32         |  |
| Upper Division Credits  |   | 36         |  |
| <b>TOTAL CWI &amp; LCSC Credits</b>   |   | <b>120</b> |  |

Complete all required/elective coursework for the AA/AS degree at College of Western Idaho (60 credits minimum).

- This advising guide is based on completion of an Associates degree (AA/AS) in Health Science at the College of Western Idaho with additions made to meet lower division requirements.
- Students who transfer without being core complete may need to take additional LCSC General Education core courses.
- 32 Residency (LCSC) credits required for graduation/36 must be upper division.

At CWI a minimum grade of "C-" is required for Gen Ed courses and a minimum 2.0 GPA is required to qualify for Associate's Degree.