


Exercise Science 2018-2019

Advising Guide

**Spokane Community College
Spokane Falls Community College**

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GENERAL EDUCATION

Course #	Course Title	CR (Qtr)	
Communication			
ENGL& 101	English Composition I	5	
ENGL& 102	English Composition II	5	
CMST& 101	Introduction to Communication	5	
Quantitative/Symbolic Reasoning			
MATH& 141 + 142	Precalculus I + Precalculus II	10	
Humanities			
Select 15 credits from 3 subject areas: 1 course from English Literature; only 5 credits from Modern Language and Performance/Fine Arts.		15	
Social Sciences			
PSYC& 100	General Psychology	5	
Select 10 credits from two other subject areas: ANTH, ECON, GEOG, HIST, POLS, SOC		10	
Mathematics/Science			
BIOL& 222	Majors Cell/Molecular w/Lab	5	
CHEM& 161 + 162	General Chemistry w/Lab I & II	10	
Health-Related PE/Recreational/Leisure Activities			
PE 170	Intro to PE & Recreation	3	
Diversity			
PE 275	Diversity in Sports	5	
Associates Requirements that meet LCSC BA/BS Degree Requirements			
HED 125	Medical Terminology (SCC)	5	
Total Credits required for AA/AAS		90	
Additional SCC/SFCC courses that meet LCSC BA/BS Degree Requirements*			
FMT 111	Physiology of Exercise (SFCC)	5	
FMT 204	Health Appraisal & Exercise Prescription (SFCC)	5	
FMT 235	Biomechanics (SFCC)	5	
BIOL& 221	Majors Ecology/Evolution w/Lab	5	
BIOL& 241	Human A & P 1	5	
BIOL& 242	Human A & P 2	5	
CHEM& 163	General Chem w/Lab III	5	
PHYS& 101 + 102	General Physics	10	
PHYS& 103	General Physics	5	
PSYC& 200	Lifespan Psychology	5	

Course #	Course Title	CR (Sem)	
Integrative Seminar: Ethics & Values			
Student does not need this class when transferring with an AA or AS			
Program Courses: Health and Kinesiology			
HLTH 253	Nutrition	3	
HLTH/KIN 27	Fitness/Wellness	3	
KIN 248	Sports Medicine	3	
KIN 361	Biomechanics Lab	1	
KIN 364	Physiology of Exercise	1	
KIN 381	Tests & Measurement	3	
KIN 494	Internship: Exercise Science	3	
Select THREE (3) courses from the following selectives (8-9 credits total): KIN 411, KIN 425, KIN 435, KIN 436, KIN 467, HLTH 453, HLTH		8-9	
Program Courses: Natural Science			
NS (BIOL) 300-400 level		2-4	
Cross-Discipline Course			
MATH 253	Statistical Methods for Sciences OR	3	
PSYC 300	Statistical Methods		
Senior Research Project			
KIN 498	Senior Research/Project I	3	
KIN 499	Senior Research/Project II	3	
Graduation Requirements			
Resident Credits		32	
Upper Division Credits		36	
TOTAL SFCC & LCSC Credits		120	

Complete all required/elective coursework for the Associate in Applied Arts degree at Spokane Community College/Spokane Falls Community College (90 quarter credits minimum).

• This advising guide is based on completion of an Associate of Applied Arts degree in Health Fitness Technology at Spokane Falls Community College with additions made to meet lower division requirements.

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

• 32 Residency (LCSC) credits required for graduation/36 must be upper division.

*Note: Classes listed that are not taken at SFCC must be taken at LCSC to meet bachelors degree requirements.

At SFCC a cumulative minimum 2.0 GPA is required to qualify for AAS degree.