

College of Western Idaho to Lewis-Clark State College

Exercise Science/Health Occupations 2025-2026

Advising Guide



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GENERAL EDUCATION

Course #	Course Title	CR	
Written Communication			
ENGL 101	Writing and Rhetoric I	3	
ENGL 102	Writing and Rhetoric II	3	
Oral Communication			
Students choice from GEM 2		3	
Mathematical Ways of Knowing			
MATH 147	Precalculus	5	
Scientific Ways of Knowing			
BIOL 227/L	Human Anatomy and Physiology 1 with lab	4	
EXHS 270/L	Motor Learning	4	
Humanistic & Artistic Ways of Knowing			
Student choice from GEM 5: PHIL 101, 103, 123		3	
Student choice from GEM 5 (must be different discipline than previously selected GEM 5 course)		3 to 4	
Social & Behavioral Ways of Knowing			
PSYC 101	Introduction to Psychology	3	
EXHS 155	Health and Wellness	3	
Connecting With Ideas			
CWI 101	Connecting with Ideas	3	
Global Perspectives			
HLTH 280***	Global Health	3	
Additional CWI courses that also meet LC State BA/BS Degree Requirements			
EXHS 200	Introduction to Kinesiology**	2	
EXHS 201	Cultural, Historical, and Philosophical Foundations of Physical Activity**	3	
EXHA 103	Stress Management**	1	
EXHS 220	Care and Prevention of Athletic Injury	4	
EXHS 280/L	Exercise Physiology with lab**	4	
HLTH 210	Human Sexuality**	3	
HLTH 220	Fundamentals of Nutrition**	3	
PHLT 240	Intro to Health Promotion and Education**	3	
CWI TOTAL		65	
***At CWI, students must select a GEM course that includes the "E" (Ethics) designation			
** Can be taken at CWI or LC State			

Course #	Course Title	CR	
Health & Kinesiology Program with Exercise Science/Health Occupations emphasis			
HLTH 249	Health through the Lifespan	3	
HLTH 352	Technologies for Hlth and Wellness Professionals	3	
HLTH 354	Addiction and Performance	2	
KIN 220	Social-Cultural Aspects of Sports	3	
KIN 271	Skills Analysis: Kinesiology	3	
KIN 272 or HLTH 272	Fitness and Wellness	3	
KIN 370	Motor Learning/Motor Development	3	
KIN 425	Ethical Decision-Making Sport Leaders	3	
KIN 486	Organization and Administration of Health, Physical Education, Recreation, Athletics	3	
Senior Research Project			
KIN 498	Senior Research Project I	3	
KIN 499	Senior Research Project II	3	
Emphasis Courses			
HLTH 253	Nutrition**	3	
KIN 248	Sports Medicine	3	
KIN 362	Biomechanics	3	
KIN 363	Physiology of Exercise**	3	
KIN 434	Exercise Prescription	3	
KIN 494	Internship in Kinesiology	3	
Select 8 credits from the following		8	
KIN 343, HLTH 454, KIN 412, KIN 435, KIN 436, KIN 455, KIN 467			
Select 23 elective credits		23	
Integrative Seminar: Ethics and Values			
Student does not need this class when transferring with an AA or AS			
Graduation Requirements			
Resident Credits		32	
Upper Division Credits		36	
TOTAL CWI & LC State Credits		120	

LC State Admissions

www.lcsc.edu/admissions or (208) 792-2378 admissions@lcsc.edu

Notes:



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 Exercise 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 LC State General Education core courses.
- 32 Residency (LC State) 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.