

Kinesiology:Exercise Science/Health Occupations 2025-2026

Advising Guide



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GENERAL EDUCATION (Quarter Credits)

Course #	Course Title	CR	
Written Communication			
WR 121/122	English Composition	6	
WR 123	English Composition	3	
Oral Communication			
COM 11Z, SP112 or SP219		4	
Mathematics			
Select at least 1 course 100 level or above, in consultation with TVCC advisor		4	
Science/Math/Computer Science			
BIOL 211 or BIOL 231 & 232	College Biology or Human Anatomy and Physiology	5 to 15	
CHEM 104 & 105 or CHEM 221 & 222	Survey of Chemistry (Health) or College Chemistry	8 to 10	
Arts and Letters			
Select at least 3 courses from 2 or more disciplines, in consultation with TVCC advisor		9 to 10	
Social Sciences			
Select at least 4 courses from at least two disciplines, in consultation with TVCC advisor		12 to 15	
Health/Wellness/Fitness			
HPE 295	Health and Fitness for Life	1 to 3	
Cultural Literacy			
Select 1 course, in consultation with TVCC advisor		4	
Additional TVCC courses that meet LC State BA/BS Degree Requirements			
HPE 131	Intro to P.E. & Health**	3	
HPE 294	Professional Activities Methods**	2	
HPE 259 & HPE 260	Intro to Athletic Training I and Intro to Athletic Training II**	6	
HPE 295	Health and fitness for Life**	3	
TVCC (minimum credit equivalents)		90	

** Can be taken at TVCC or LC State

LC State Admissions

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



Contact: Rachel Jameton | 208.792.2295 | rajameton@lcsc.edu

PROGRAM REQUIREMENTS (Semester Credits)

Course #	Course Title	CR	
Integrative Seminar: Ethics & Values			
Student does not need this class when transferring with an AA or AS			
Major Courses			
The following courses are required for ALL Kinesiology emphasis areas:			
HLTH 249	Health through the Lifespan	3	
HLTH 352	Technologies for Health & wellness Professionals	3	
HLTH 354	Addiction and Performance	3	
KIN 220	Social-Cultural Aspects of Sports	3	
KIN 271	Skill/Analysis: Kinesiology	3	
KIN 370	Motor Learning/Motor Development	3	
KIN 425	Ethical Decision-Making for Sport Leaders	3	
KIN 486	Organization & Administration of HPER	3	
KIN 498	Senior Research Project I	3	
KIN 499	Senior Research Project II	3	
Emphasis Area			
HLTH 253	Nutrition	3	
KIN 362	Biomechanics	3	
KIN 363	Physiology of Exercise	3	
KIN 434	Exercise Prescription	3	
KIN 494	Internship: Exercise Science	3	
Select eight (8) credits from the following:		8	
HLTH 248, HLTH 343, KIN 455, HLTH 454, KIN 412, KIN 435, KIN 436, KIN 467			
General Electives			
Electives		7	
Graduation Requirements			
Resident Credits		32	
Upper Division Credits		36	
TOTAL TVCC & LC State Credits		120	

Complete all required/elective coursework for the AAOT degree at Treasure Valley Community College (90 quarter credits minimum).

- This advising guide is based on completion of an Associate's of Arts Oregon Transfer (AAOT) degree at Treasure Valley 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 LC State program requirements.
- Semester credits are displayed in the LC Express plan. Quarter credits are converted to semester credits by multiplying the quarter credits by .67.
- 32 Residency (LC State) credits required for graduation/36 must be upper division.
- The "X" in the LC State column indicates the class was likely transferred if student chose TVCC elective.

At TVCC 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.