

PE to Kinesiology w/Exercise Science & Health Occupations emphasis 2025-2026

Advising Guide



North Idaho College

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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			
COMM 101	Fundamentals of Oral Communication	3	
Mathematical Ways of Knowing			
Students choice from GEM 3		3	
Scientific Ways of Knowing			
BIOL 227	Human Anatomy & Physiology I	4	
CHEM 102 OR CHEM 111	Introduction to Essentials of Organic and Biochemistry OR General Chemistry I	4	
Humanistic & Artistic Ways of Knowing			
Student choice from GEM 5		3	
Student choice from GEM 5 (must be different discipline than previously selected GEM 5 course)		3	
Social & Behavioral Ways of Knowing			
PSYC 101	Introduction to General Psychology	3	
SOC 101	Introduction to Sociology	3	
Integrative Course			
INTR 250	Integrative inquiry	3	
Wellness Course			
PE 222	Wellness Lifestyles	3	
Additional NIC courses that also meet LC State BA/BS Degree Requirement			
PE 160	Foundations of Physical Education**	3	
PE 230	Sports Ethics**	3	
PE 248	Care and Prevention of Athletic Injuries**	3	
BIOL 207	Concepts in Human Nutrition**	3	
PE 224	Nutrition for Health, Fitness and Exercise**	3	
PE 223	Exercise Physiology**	3	
Select additional credits to total 60-64, in consultation with NIC advisor			
NIC TOTAL		60-64	

**Can be taken at NIC and LC State

Course #	Course Title	CR	
Health & Kinesiology Program			
HLTH 249	Health through the Lifespan	3	
HLTH 352	Tech/Health & Wellness Prof's	3	
HLTH 354	Addiction and Performance	2	
KIN 362	Biomechanics	3	
KIN 370	Motor Learning/Motor Development	3	
KIN 434	Exercise Prescription	3	
KIN 486	Org/Adm of HPER	3	
KIN 220	Social-Cultural Aspects/Sports	3	
KIN 271	Skill Analysis in Kinesiology	3	
Select 8 credits from the following:			
HLTH 343, HLTH 454, HLTH 412, KIN 435, KIN 455, KIN 467		8	
KIN 494	Internship	3	
Senior Research Project			
KIN 498	Senior Research Project I	3	
KIN 499	Senior Research Project II	3	
Electives			
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 NIC & LC StateCredits		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 North Idaho College (60 credits minimum).

- This advising guide is based on completion of an Associates degree (AA/AS) in Exercise Science at the North Idaho College 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 NIC 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.