

HCC Associate of Science in Health, Fitness, and Nutrition
to
AIC Bachelor of Science in Exercise Science

Student Name: _____
Evaluator: _____
Date: _____



HCC Course #	HCC Course Name	HCC Credit	AIC Course #	Sub category	AIC Course name	AIC Credit
Personal and Professional Development						
WAIVE	Waive		AIC1140		APEX1 (or elective)	1
			AIC2140		APEX2	1
			AIC3140		APEX3	1
			AIC4140		APEX4	1
Civic and Social Responsibility						
SOC/SCI ELE	Social Science (see AIC approved gen. ed. Sheet)	3	CSR		Civic and Social Responsibility: American Heritage/Society or Global Perspective	3
			CSR		Civic and Social Responsibility: American Heritage/Society or Global Perspective	3
Human Culture and Expression						
<i>(5 courses, 15 credits total, with 2 courses in Composition and Communication and the 3 remaining courses in at least 2 of the remaining 3 areas)</i>						
ENG101	College Composition I	3	ENG1201		English Composition	3
ENG102	College Composition II	3	ENG 1202		Analytical Writing	3
PHI103/120	Clear Thinking/Sound Reasoning OR Ethics	3	HCE		Human Culture and Expression: Philosophy and Ethics	3
HUM ELE	Humanities (see AIC approved gen. ed. Sheet)	3	HCE		Any Human Culture and Expression Course (not previously taken above)- Must be from different sub-category.	3
			HCE		Human Culture and Expression	3
Major Requirements						
			BIO1400/1401	Scientific Perspectives and Inquiry	Biology I & Lab	4
			BIO1500/1501	Scientific Perspectives and Inquiry	Biology II & Lab	4
BIO217	Anatomy & Physiology I	4	BIO1200/1201		Human Anatomy and Physiology I & Lab	4
BIO218	Anatomy & Physiology II	4	BIO1210/1211		Human Anatomy and Physiology II & Lab	4
			BIO3200		Human Functional Anatomy	3
PSY110	Introduction to Psychology	3	PSY1401		General Psychology I	3
			PSY1501		General Psychology II	3
MTH142	Statistics	3	MAT1430	Quantitative Literacy	Statistics	3
HFN172	Introduction to Exercise Science	2	EXS1100		Introduction to Exercise Science	2
			EXS/IPE 1200		Health Science Professions	3
			EXS2100		Research Methods	3
HFN120	Motor Learning Principles and Practices	3	EXS2300		Motor Development and Learning	3
			EXS2400		Sport and Exercise Nutrition	3
HFN277	Biomechanics of Human Movement	3	EXS3100		Human Biomechanics	3
			EXS3200		Injury and Evaluation of Lower Extremities	3
HFN276	Physiology of Exercise	4	EXS3300		Physiology of Exercise	3
			EXS3400		Injuries and Evaluation of Upper Extremities	3
			EXS4100		Therapeutic Exercise	3
			EXS4200		Exercise Testing and Rx	3
			EXS4300		Exercise Testing for Special Populations	3
			EXS4400		Gerokinesiology	3
			EXS4500		Research Seminar	2
			EXS4600		Therapeutic Modalities	3
			SRM3203		Sport Psychology	3
Electives						
HFN190	Fitness Pro Seminar Field Experience	3	ELE		Elective	3
NTR101	Intro to Nutrition	3	ELE		Elective	3
SOC110	Introduction to Sociology	3	ELE		Elective	3
COM121	Intro to Communication	3	ELE		Elective	3
HFN 103/104	First Aid/Safety OR Sports First Aid	1	ELE		Elective	1
HFN XXX	9 credits of HFN Electives	9	ELE		Elective	9

Total Credits Earned at HCC

63

Total AIC Credits Remaining

58