

**SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE**

Pathway Exercise Science
Lewis and Clark Community College
Associate in Applied Science Degree

Pathway Exercise Science
Southern Illinois University Edwardsville
Bachelor of Science Degree

Fall Year 1

LCCC Course	Hours
BIOL 130 Fund. Of Biological Science	4
ENGL 131 ¹ First-Year English I	3
PHED 130 Fitness and Conditioning	2
XSCI 130 Strength Training & Fitness	2
XSCI 135 Exercise Physiology	3
Total	14

Spring Year 1

LCCC Course	Hours
BIOL 132 ¹ Human Biology	4
HEED 131 First Aid	3
PSYC 131 General Psychology	3
XSCI 140 Assessment & Exercise Prescription	3
XSCI 145 Intro to Biomechanics	3
Total	16

Fall Year 2

LCCC Course	Hours
BUSN 131/MKTG 131 Intro to Mod Business/Marketing	3
XSCI XXX Exercise Science Elective	1
HEED 133 Personal and Comm. Health	3
PHIL 240 Ethics	3
XSCI 200 Sport Psychology	3
XSCI 220 Exercise for Special Populations	3
Total	16

Spring Year 2

LCCC Course	Hours
BIOL 161 Biology of Nutrition	3
XSCI XXX Exercise Science Elective	1
JOBS 132/133 Target Job Market/Job Seek Skills	1
SPCH 145 Public and Private Communication	3
XSCI 240 Exercise Psychology	3
XSCI 271 Exercise Science Intern	3
Total	14

Associate in Applied Science Total 60

Additional Courses needed⁵

LCCC Course	Hours
BIOL 141 ¹ Anatomy and Physiology I	4
BIOL 142 ¹ Anatomy and Physiology II	4
ENGL 132 First Year English II	3
MATH 131 ² College Algebra	4
*CHEM 131 ^{1,2} /141 ^{1,2} Intro to Chem/General Chemistry I	4
*CHEM 121 ^{1,2} Recitation (required with 141)	1
Total	20

Fall Year 3

SIUE Course	Hours
RA 101 Reasoning and Argumentation	3
BFPA Breadth Fine and Perf. Art	3
KIN 350 Exercise Physiology	3
KIN XXX Kinesiology Elective	3
KIN XXX Kinesiology Elective	3
Total	15

Spring Year 3

SIUE Course	Hours
KIN XXX Kinesiology Elective	3
IS/EREG IS/EREG	3
KIN 416 Exercise Assess & Planning	3
SS Social Science	3
QR 101 ³ Quantitative Reasoning	3
Total	15

Fall Year 4

SIUE Course	Hours
LS/PS/SS Life /Physical/Social Science	3
KIN 340 Org. & Mgmt. of Facilities	3
KIN 412 ⁴ Bio for Cardio and Meta	3
ERGU EXP- US Race Gender and Equity	3
Elective Elective	3
Total	15

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Pathway Exercise Science

Spring Year 4

SIUE Course	Hours
KIN XXX Kinesiology Elective	3
KIN 460 Internship in Exercise Science	3
KIN 426 ⁴ Cardiac and Pulm. Rehab	3
KIN 464 Senior Assignment	3
STAT 107 or ACS 204 Or any BICS	3
Total	15
Bachelor of Science Total	140

*Students please consult with LCCC/Pathways advisor for courses that can be used for Life Science.

*Students must complete 50% or more of the degree requirements at SIUE.

¹Requires a grade of "C" or better.

²Depending on post graduate program, students may choose a different MATH and CHEM. See partnership advisor.

³Course waived if MATH 138 or MATH 171 taken at LCCC

³Proficiency exam is available:

www.siu.edu/artsandsciences/math/qr101details/index.shtml

⁴Students interested in cardiac rehab internship must complete

KIN 412 and 426 before internship. Please see advisor.

⁵Additional courses must be completed prior to transferring

to SIUE. Courses may not be covered by LCCC financial aid.

* A course that satisfies both the ERGU and EREG requirement will only be counted as one and not both.

To be admitted to the Exercise Science major, students must;

1. Earn a "C" or better in BIOL 140 (LCCC BIOL 132), or BIOL 150 or it equivalent.
2. Earn a "C" or better in CHEM 120A/124A (LCCC CHEM 131), or CHEM 121A/125A (LCCC CHEM 141/121) or their equivalents. It is extremely beneficial to have chemistry completed prior to transferring to SIUE.
3. Have a cumulative GPA of 2.75 or higher.
4. Earn a "B" or better in KIN 275. (This courses is waived for LCCC students who earn an AAS degree in Exercise Science).
5. It is extremely beneficial to have BIOL 240A and 240B (LCCC - BIOL 141 and 142) completed prior to transferring to SIUE.