

# TRANSFER PATHWAY GUIDE

## 2023-2024

Associate of Applied Science in Exercise Science at Sinclair College to a Bachelor of Science in Exercise Science at Northern Kentucky University

### ***Overview***

Completion of the following curriculum will satisfy the requirements for the Associate of Applied Science (AAS) in Exercise Science degree at Sinclair College and leads to the Bachelor of Science (BS) in Exercise Science degree at Northern Kentucky University (NKU).

### ***Degree Requirements for Sinclair College***

To earn a degree at Sinclair College, a student must complete a minimum of 60 credit hours, attain a minimum cumulative GPA of 2.0, and earn a minimum of 20 credit hours at Sinclair College.

### ***Admission Requirements for NKU***

Students completing an associate degree with a cumulative GPA of 2.0 or higher will be accepted into NKU.

### ***Tuition and Scholarships***

For information on tuition and scholarships, please visit <https://nku.edu/admissions/adult/online.html>

### ***NKU Contact***

For more information, students should contact Kim McCoy, Assistant Director of Transfer Services, at [mccoyk8@nku.edu](mailto:mccoyk8@nku.edu).

### ***Degree Requirements for NKU***

To earn a bachelor's degree at NKU, students must complete a minimum of 120 credit hours with at least 45 credit hours numbered 300 and above. In addition, at least 25% of the credit hours required for the degree and the last 30 credit hours must be completed at NKU. Students must have an overall GPA of 2.5, earn a C- or higher in all major coursework, and meet all prerequisites for courses and requirements for the major. A minor is not required for this major.

**SINCLAIR COLLEGE AAS IN EXERCISE SCIENCE TO  
NKU BS IN EXERCISE SCIENCE CHECKLIST**

**Sinclair College**

**Category 1: Sinclair Requirements for the AAS in Exercise Science**

<b>Sinclair Course</b>	<b>Course or Category</b>	<b>Credits</b>	<b>NKU Course</b>	<b>Completed</b>
ALH 1101	Introduction to Healthcare Delivery	2	HEA 100T	
ALH 1110	Principles of Electrocardiography	3	HSC 100T	
ALH 1132	American Heart Association Heartsaver First Aid	1	HEA 100T	
BIO 1121	Human Anatomy & Physiology I	3	BIO 208/208L	
BIO 1222	Human Anatomy & Physiology II	3	BIO 200G/L	
COM 2211	Effective Public Speaking	3	CMST 101	
DIT 1111	Nutrition for Health & Fitness	3	KIN 481	
ENG 1101	English Composition I	3	ENG 101	
ENS 1116	Introduction to Exercise Science & Health Promotion	3	KIN 125	
ENS 1118	Lifetime Physical Fitness & Wellness	3	ENS 1118 + ENS 2418 = KIN 349 + KIN 300T	
ENS 1212	Business Management for Exercise Science	3	ENS 1212 + ENS 2419 = KIN 450 + KIN 400T	
ENS 1214	Personal & Community Health Behavior	3	HEA 230	
ENS 2316	Motor Development & Motor Learning	3	KIN 325	
ENS 2317	Methods of Teaching Lab	1	KIN 200T	
ENS 2318	Fitness Assessment & Exercise Prescription	3	ENS 2318 + ENS 2416 = KIN 260 + KIN 200T	
ENS 2416	Certification Preparatory Course	3	ENS 2318 + ENS 2416 = KIN 260 + KIN 200T	
ENS 2417	Methods of Teaching	3	KIN 200T	
ENS 2418	Exercise Prescription for Special Populations	3	ENS 1118 + ENS 2418 = KIN 349 + KIN 300T	
ENS 2419	Health Promotion, Fitness & Sport Programming	3	ENS 1212 + ENS 2419 = KIN 450 +	

Sinclair Course	Course or Category	Credits	NKU Course	Completed
			KIN 400T	
ENS 2471	Exercise, Wellness & Sports Science Practicum	2	CEP 300	
HIM 1101	Medical Terminology	2	BIO 272	
MAT 1130	Mathematics in Health Sciences	3	MAT 100T	
PSY 1100	General Psychology	3	PSY 100	
	<b>Total Associate Degree Hours</b>	<b>62</b>		

TBS XXX means to be selected by Sinclair College student.

TBD XXX means to be determined by NKU based on course selected at Sinclair College.

### Northern Kentucky University

#### Category 2: NKU Additional General Education Requirements

NKU Course	Course	Credits	Sinclair Course	Taken at Sinclair
ENG 102	Advanced College Writing	3	ENG 1201	
TBS XXX	Mathematics & Statistics	3		
TBS XXX	Cultural Pluralism	3		
TBS XXX	Individual & Society	3		
TBS XXX	Culture & Creativity	6		
TBS XXX	Global Viewpoints	3		
	<b>Subtotal General Education Courses</b>	<b>21</b>		

#### Category 3: NKU Major Requirements for the BS in the Exercise Science

NKU Course	Course	Credits	Sinclair Course	Taken at Sinclair
KIN 125	Introduction to Physical Education, Fitness & Sport	3		
KIN 200	Concepts of Lifetime Fitness	2		
KIN 260	Introduction to Strength and Conditioning	3	ENS 2318 + ENS 2416	x
KIN 280	Basic Recognition & Care of Athletic Injuries	3		
KIN 313	Computer Applications for Health & Kinesiology	2		
KIN 295	Anatomical Kinesiology	3		
KIN 325	Motor Development, Learning & Control	3	ENS 2316	x
KIN 325L	Motor Development, Learning & Control Lab	1		
KIN 340	Exercise Physiology	3		

<b>NKU Course</b>	<b>Course</b>	<b>Credits</b>	<b>Sinclair Course</b>	<b>Taken at Sinclair</b>
KIN 340L	Exercise Physiology Lab	1		
KIN 349	Exercise Prescription	3	ENS 1118 + ENS 2418	x
KIN 360	Statistics & Measurement in Kinesiology	3		
KIN 370	Biomechanics	3		
KIN 380	Clinical Exercise Physiology	3		
KIN 450	Organization & Administration of Kinesiology and Athletics	3	ENS 1212 + ENS 2419	x
KIN 481	Nutrition for Sport and Exercise	3	DIT 1111	x
KIN 483	Advanced Strength and Conditioning	3		
KIN 498	Research, Trends, and Issues in Exercise Science	3		
KIN 496 or KIN 497 & KIN XXX	Internship in Exercise Science or Exercise Science Senior Synthesis and 6 KIN credit hours 300 level or above	9		
TBS XXX	Select 300/400/500 level KIN, PHE, HEA, or ATP courses	6		
BIO 126	Human Nutrition	3		
BIO 208/208L	Human Anatomy & Physiology I and Lab	4	BIO 1121	x
BIO 209/209L	Human Anatomy & Physiology II and Lab	4		
CHE 115/115L	Physiological Chemistry and Lab	4		
PHY 110	Introduction to Physics with Lab	4		
	<b>Total NKU Major Credit Hours</b>	<b>82</b>		
	<b>Less Major Credit Hours from Sinclair</b>	<b>19</b>		
	<b>Subtotal Major Credit Hours at NKU</b>	<b>63</b>		
	<b>Total Baccalaureate Degree Credit Hours</b>	<b>146</b>		

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