

Waubonsee Community College & Aurora University
Kinesiology (AS) 2 + 2 Exercise Science (BS)
Transfer Guide

This is a sample course schedule. Students must work with their academic advisors to develop a plan that meets their scheduling needs and the programmatic requirements.

First Year at Waubonsee Community College

<u>First Semester</u>		<u>Second Semester</u>	
WCC	AU	WCC	AU
ENG101 First-Year Composition I (3)	ENG1000 Composition	COM100 Fundamentals of Speech Communications (3)	COM1550 Professional Communication
MTH101 College Mathematics (3) OR MTH102 Applied Practical Math (3)	MTH1030 Quantitative Reasoning	BIO270 Anatomy and Physiology I (4)	BIO2660 Anatomy & Physiology I
BIO120 Principles of Biology I (4)	BIO1210 Biology of Cells	KPE150 Basic Prevention and Care of Athletic Injuries (3)	EXS2500 Prevention and Care of Athletic Injuries and Illness
KPE237 Strength and Conditioning Principles (3)	EXS3550 Principles of Strength Training and Conditioning	KPE211 First Aid and Emergency Care (3)	EXS2080 First Aid/CPR
Fine Arts Course* (3)	Elective or General Education Requirement	Humanities course* (3)	Elective or General Education Requirement

Second Year at Waubonsee Community College

<u>Third Semester</u>		<u>Fourth Semester</u>	
WCC	AU	WCC	AU
ENG102 First-Year Composition II (3)	Elective	CHM100 Introduction to Chemistry (3) with lab (1)	CHM1200 Principles of Chemistry
BIO272 Anatomy and Physiology II (4)	BIO2670 Anatomy & Physiology II	Social and Behavioral Science course* (3)	Elective
Additional math course (3-4)	Elective	KPE238 Fitness Assessment and Exercise Programming (3)	EXS3250 Fitness Assessment and Program Design
Social and Behavioral Science course* (3)	Elective	KPE239 Exercise and Sport Nutrition (3)	EXS3460 Sports Nutrition
KPE250 Sport Psychology (3)	EXS3480 Sport Psychology		

*One course satisfying degree requirements must have a non-Western (N) or diversity (D) emphasis.

Third Year at Aurora University

<u>Fifth Semester</u>	<u>Sixth Semester</u>
IDS3500 Junior Mentoring (.5)	IDS3550 Junior Mentoring (.5)
EXS2230 Olympic Style Weightlifting I (1)	EXS3230 Physiology of Exercise (4)
EXS2235 Olympic Style Weightlifting II (1)	Emphasis course (4)
EXS3215 Kinesiology (4)	Course toward double major (4)
Emphasis course from selected emphasis: Sport Performance or Fitness and Health Promotion (4)	Course toward double major (4)
Course toward double major (4)	
Course toward double major (4)	

Fourth Year at Aurora University

<u>Seventh Semester</u>	<u>Eighth Semester</u>
EXS4120 Exercise Science Capstone (4)	EXS4250 Exercise Science Internship (4)
Emphasis course (4)	Course toward double major (4)
Course toward double major (4)	Course toward double major (4)
Course toward double major (4)	Course toward double major (4)

Consider a double-major in health science, sport management, healthcare administration, or business management. For more information visit: <https://aurora.edu/academics/undergraduate/exercise-science/index.html>