

# Lindenwood University - St. Charles Community College

## EXERCISE SCIENCE (BA) Transfer Guide

### EXERCISE SCIENCE

STCCC Course #      St. Charles Community College

BIO 250A and 250B	Anatomy & Physiology I & Lab (4)
BIO 251A and 251B	Anatomy & Physiology II & Lab (4)
PSY 101	Intro to Psychology
MAT 175	Introductory Statistics
MAT 156	College Algebra -Educators (4)
MAT 157	College Algebra-General Education (4)
MAT 158	College Algebra-General Education (4)
MAT 162	College Algebra-STEM (4)
MAT 171	Pre-Calculus (6)
BIO 150	General Biology I (5)

### CORE REQUIREMENTS (71-72 hours)

LU Course #      Lindenwood University - Belleville

EXS 24000	Nutrition throughout the Lifecycle
EXS 25000	Foundations of Sport and Exercise Science
EXS 27500	Research Methods and Data Interpretation
EXS 30000	Sport and Fitness Administration
EXS 31500	Physiology of Exercise
EXS 31600	Physiology of Exercise Lab
EXS 31700	Advanced Exercise Physiology
EXS 32500	Biomechanics
EXS 38900	Exercise Testing
EXS 41000	Exercise Prescription and Implementation
EXS 43000	Physical Activity for Specific Populations
PE 35600	Theory and Methods of Coaching Weight Training
EXS 38700 & EXS 38800 are offered in place of EXS 38900 on the St. Charles campus. These courses can also be used to satisfy this degree requirement.	
<b>One of the following:</b>	
EXS 44000	Internships
EXS 44100	Research Internship
<b>Additional requirements include:</b>	
BIO 22700	Human Anatomy and Physiology I
BIO 22800	Human Anatomy and Physiology II
PSY 10000	Principles of Psychology
<b>One of the following:</b>	
MTH 14100	Basic Statistics
MTH 24100	Statistics for Natural Science
<b>One of the following:</b>	
MTH 15100	College Algebra
MTH 15100	College Algebra
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MTH 15100	College Algebra
MTH 15100	College Algebra
MTH 15200	Pre-calculus: Elementary Functions
<b>One of the following:</b>	
BIO 10000	Concepts in Biology
BIO 25100	Introduction to Cell Biology and Genetics
<b>One of the following:</b>	
CHM 10000	Concepts in Chemistry
CHM 23000	General Chemistry 1
Plus: Nine credit hours at 20000 level or higher from AT, EXS, HFS, PE, or REC.	

See an exercise science advisor.

**For more information contact Dr. Richard Finger at 618-239-6177 or [RFinger@lindenwood.edu](mailto:RFinger@lindenwood.edu)**

Visit Lindenwood University-Belleville at [www.belleville.lindenwood.edu](http://www.belleville.lindenwood.edu) or call 618-239-6210.