UNIVERSITY OF CENTRAL MISSOURI

MCC ASSOCIATE IN ARTS

to

UCM PHYSICAL EDUCATION, OPTION 3: EXERCISE SCIENCE, BACHELOR OF SCIENCE

YEARS 1 AND 2 AT MCC

Complete the Associate in Arts (A.A.) degree and
include the following courses in the A.A. course of study:

UCM equivalencies in parentheses Minimum Hours
American Institutions: 6 hours
Select two course; one must be a HIST prefix

Communications: 9 hours
ENGL 101 Composition & Reading I (ENGL 1020) 3
ENGL 102 Composition & Reading II (ENGL 1030) 3
SPDR 100 Fundamentals of Speech (COMM 1000) 3

Humanities: 9 hours
Select one 3-hour course in each of any three different areas
One course must be in literature or philosophy

Mathematics: 3 hours
Select one course MATH 119 (MATH 1620) or higher

Natural Sciences: 9 hours
BIOL 110*+ Human Anatomy, 5 -and-
BIOL 210*+ Human Physiology, 5 (BIOL 2401 & 2402) 10
PHYS 130 General Physics I (PHYS 1104) 5

Social Sciences: 6 hours
SOC 160* Sociology (SOC 1800) 3
Select one course from a different area than SOC

Computer: 3 hours
Select one course CSIS 110 (BTE 1210) or higher 3

Electives: The following classes fulfill a major requirement at UCM and elective requirement in the A.A.
If not taken at MCC, must be taken at UCM.

BIOL 132* Human Nutrition (D&N 3340) 3
HUMS 275* Alcohol & Drug Addiction (HED 4310) 3
PHED 126** Lifetime Fitness (PE 1206) 2
PHED 158* First Aid/CPR (HED 1350) 2

Students must complete a Writing Intensive course AND either a Human Diversity course or Learning Community as part of the degree requirements.

Minimum Hours Required for A.A.: 62

YEARS 3 AND 4 AT UCM

Major Requirements 61-63
PE 1100 PE Orientation, History & Philosophy 2
PE 1800 Human Anatomy 3
PE 2800 Biomechanics 3
PE 2850 Foundations of Exercise Physiology 3
PE 3310 A&T of Physical Training 3
PE 3610 Care & Prevention of Injuries 2
PE 4340 Adapted Physical Education 3
PE 4740 Legal Liability in Fitness/Wellness, PE, Recreation, & Sports Settings 2

Option 3: Fitness/Wellness II (Exercise Science)
PE 1204 Stress Management 1
PE 4341 Physical Activity & Older Adult 3
PE 4765 Internship 2-4
PE 4850 Assessment & Evaluation of Fitness/Wellness 3
PE 4860 Fitness Program & Implementation 3
PSY 4520 Statistics for Behavioral Sciences 3
HED 1350* Responding to Emergencies 3
HED 4300 Nutrition & Human Performance 2
HED 4310* Drugs & Youth 3
D&N 3340* Nutrition 3

CHEM 1604 Elementary Organic & Biochemistry, 4 or-
PHYS 1104 Introduction to the Sciences: Physics, 4 or-
ECEL 1310 Physics for Teachers, 3 3-4
BIOL 2401* Anatomy & Physiology I 4
BIOL 2402* Anatomy & Physiology II 4
SOC 1800* General Sociology 3

General Education Requirements** 45
PE 1206* Lifetime Fitness 3

Upper-level Electives# 2-4
Free Electives** 13-17

* Course must be taken at UCM if not taken as part of A.A. degree.
** Exact hours may vary depending on transfer coursework
#Upper-level electives MUST be taken at UCM.
+ Both courses MUST be taken to receive credit.
^ This course will fulfill the Personal Interaction Gen Ed at UCM.

Minimum Hours Required for B.S.: 120

Updated: March 2012
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This guide is based on the UCM 2011 Undergraduate Catalog and is subject to change. This guide is a recommendation only and your actual program may vary. Time to degree completion and course sequencing will depend on any credits transferred to UCM and on planned placement in math, reading, and writing. See the current UCM Undergraduate Catalog (www.ucmo.edu/academics/catalogs) and the current MCC Course Catalog (http://mccr.edu/catalog/Catalog1112.pdf) for a complete listing of academic policies, curriculum, prerequisites, and course descriptions.

### General Education Requirements

Students who hold an Associate in Arts Degree from MCC or have met the Missouri 42-hour General Education Core requirements are considered to have fulfilled all UCM General Education requirements, except:

- Personal Interaction: This requirement may be fulfilled by appropriate transfer courses.
- Integrative Studies: This requirement is fulfilled by any course in Division IV of UCM's General Education program and must be taken at UCM.
- Any major required general education course not previously taken.

For those students with an Associate Degree other than the Associate in Arts or who have not completed the A.A., transfer courses are evaluated on a course-by-course basis.

<table>
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<tr>
<th>Credits Required for B.S.</th>
<th>Minimum of 120 hours</th>
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<tbody>
<tr>
<td>Minimum of 30 hours of upper-level credit (3000/4000 level)^</td>
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<tr>
<td>Minimum of 12 upper-level hours (3000/4000) in major^</td>
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^Courses taken at a two-year college MAY be articulated for an upper-level course by WILL NOT count towards upper-level hour requirements.

### Minor Required

No

### Modern Language Required

No

### GPA Required for Graduation

Students must achieve a minimum GPA of 2.00 in all grade point averages to qualify for graduation. This includes cumulative GPA, UCM GPA, major GPA, and minor GPA (if applicable). Some degree programs have additional GPA requirements.

### Residency Requirements to Receive a Degree from UCM

- 30 hours must be completed at UCM
- 20 upper-level hours must be completed at UCM
- 15 hours, 9 hours of which must be upper-level, in major must be from UCM
- 9 hours, 1 hour of which must be upper-level, in minor must be from UCM (if applicable)
- The last 12 semester hours must be earned at UCM

### General Education Assessment (GEA)

All UCM students are required to pass a General Education Assessment (GEA) test. Students transferring in more than 45 hours are required to take the test during their first semester at UCM. Learn more about the GEA at: www.ucmo.edu/assessment/documents/gened_policy.pdf

### Transfer Work

Arrange for all transfer work to be posted at UCM. An official transcript must be received at the UCM Office of Admissions directly from each school attended. The Office of Admissions is located in the Ward Edwards Building, Room 1400 - (660) 543-4290. Individual transfer equivalencies can be found online at www.ucmo.edu/corequiv.

### UCM Undergraduate Catalog

The current UCM Undergraduate Catalog can be found at: www.ucmo.edu/academics/catalogs

### UCM Transfer Advisors

UCM Transfer Advisors are housed in the Office of Transfer and Transition Services located in the Ward Edwards Building, Room 1900 - (660) 543-4721 or transition@ucmo.edu. Visit www.ucmo.edu/transition/advisors.cfm to find out who your transfer advisor is.

### UCM Department Contact

The Department of Nutrition and Kinesiology is located in the Morrow Building, Room 125 – (660) 543-4256. The department website can be found at www.ucmo.edu/nutrition.

### UCM Professional Academic Advisor for this Degree

Paula Brant is located in the Administration Building, Room 105 – (660) 543-4554 or chstadvising@ucmo.edu. The CHST Advising website can be found at www.ucmo.edu/chst/advising.