



Carl Sandburg College ➔ Monmouth College

Course Articulation Guide for students pursuing Associate in Arts Exercise Science Major

The following guide and sample degree completion plan outlines 2 years at Carl Sandburg College to receive an Associate in Arts degree and 2 years at Monmouth College to complete the Bachelor of Arts degree in Exercise Science. This guide was built to help transfer students prepare for their transition to Monmouth College, and schedules may be adjusted when working with an advisor.

FRESHMAN YEAR at Carl Sandburg College

Fall Semester			Spring Semester		
Department/ Number	Title	Credit	Department/ Number	Title	Credit
ENG 101	Freshman Comp. 1	3	ENG 102	Freshman Comp. 2	3
SPE 120	Intro to Public Speaking	3	Science	Choose from BIO 101, CHM 110, ESC 100, PHY 151	4
Fine Arts	Choose from AA list	3	Math	Choose from AA list	3
Social Science	Choose from AA list	3	Social Science	Choose from AA list	3
Elective	Choose from AA list	3	Humanities	Choose from AA list	3
TOTAL CREDIT		15	TOTAL CREDIT		16

SOPHOMORE YEAR at Carl Sandburg College

Fall Semester			Spring Semester		
Department/ Number	Title	Credit	Department/ Number	Title	Credit
Human Relations	Choose from AA list	3	Humanities/ Fine Arts	Choose from AA list	3
Social Sciences	Choose from AA list	3	Science	Choose from AA list	3
SPN 101	Elementary Spanish 1	4	SPN 102	Elementary Spanish 2	4
EXSC Elec	Choose from list below	3	EXSC Elec	Choose from list below	3
Elective	Choose from AA list	3	Elective	Choose from AA list	3
TOTAL CREDIT		16	TOTAL CREDIT		16

Note that up to 64 credit hours (equivalent to 16.00 Monmouth College course credits) may be transferred to Monmouth College. Courses with a C or better may be transferred and applied to the Exercise Science major. Additional courses earned in the completion of the Associates Degree will be applied toward the overall credit required for the Bachelor of Arts degree (32 credits).

Exercise Science Electives include: BIO 212 Anatomy & Physiology II; CHM 120 General Chemistry II; BUS 100 Intro to Business; BUS 101 Marketing Fundamentals; ICT 212 Microcomputer Spreadsheet Application; KIN 220 Coaching Basketball.



JUNIOR YEAR at Monmouth College

Fall Semester			Spring Semester		
Department/ Number	Title	Credit	Department/ Number	Title	Credit
INTG 3xx	Reflections	1	EXSC 251	Functional Anatomy	1
EXSC 140	Sports Nutrition	.5	EXSC 280	Personal & Community Health	1
EXSC 130	Exercise Performance	.5	Elective		1
EXSC 160	Health & Human Physiology	1	EXSC 325	Athletic Training & First Aid	.5
Elective			Elective		.5
TOTAL CREDIT		4	TOTAL CREDIT		4

SENIOR YEAR at Monmouth College

Fall Semester			Spring Semester		
Department/ Number	Title	Credit	Department/ Number	Title	Credit
INTG 4xx	Citizenship	1	EXSC 450	Internship	.5
EXSC 140	Exercise Physiology	1	EXSC 451	Exercise Testing & Prescription	1
Major Elective		1	Major Elective		1
Elective		1	Elective		1
			Elective		1
TOTAL CREDIT		4	TOTAL CREDIT		4.5

An additional 4.0 course credits are required for the major. Electives include: EXSC 315 Biomechanics; EXSC 340 Strength & Conditioning; EXSC 360 Health Promotion; EXSC 420 Independent Study; EXSC 421 Organization & Administration; PHED 301 Coaching Principles & Methods; PHED 303 Coaching of Basketball; PHED 306 Coaching of Football; additional select PHED & EXSC topics courses; BIOL 150 Investigating Biological Concepts; BIOL 204 Human Anatomy & Physiology; BIOL 325 Advanced Anatomy & Physiology; CHEM 140 General Chemistry; CHEM 101 Food & Nutrition Chemistry; BIOC 201 Principles of Nutrition; BUSI 105 Intro to Commerce; BUSI 201 Intro to Business Problem Solving; BUSI 307 Principles of Marketing; ECON 200 Principles of Economics; PSYC 216 Learning & Memory; PSYC 239 Health Psychology; PSYC 243 Mind, Brain, Behavior; GPHS 101 Intro to Public Health; GPHS 105 Epidemiology.

Students are not required to follow any particular track of study and may choose any combination of major elective courses from the list they wish. These are potential tracks that may be helpful for students interested in a particular area: Strength & Conditioning Emphasis; Business Emphasis; Public Health Emphasis.

Students must complete a minimum of 16 course credits during the junior and senior year at Monmouth College for a total of 32 course credits to be awarded the Bachelor of Arts degree. No more than 13 course credits may be taken in a single discipline (EXSC). No more than 16 course credits may be taken in a single department (EXSC/PHED). Students may take additional EXSC courses provided the maximum limits are not exceeded.

Only grades of C- or better may be applied to the major. Students must earn a minimum 2.0 GPA in major and a minimum 2.0 overall cumulative GPA for the degree.

Questions may be addressed to:

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