



Associate in Arts in Exercise & Sports Science at Lincoln Land CC to Bachelor's Degree in **Kinesiology and Allied Health at Illinois Wesleyan University**

*This is a suggested course pattern. Students must work with their advisor to develop a curriculum plan that meets their scheduling needs. ** indicates course needed for the major. + indicates an IWU graduation requirement.*

LINCOLN LAND COMMUNITY COLLEGE			
FIRST YEAR	COURSE NAME	CREDIT HOURS	
		FALL	SPRING
EGL 101	Composition I	3	
ESS 250	Intro to Physical Education	2	
Language 101	Elementary Language I	4	
Humanities	Group III GECC Humanities Selection	3	
PSY 101*	Intro to Psychology (Group II GECC Social Sci)	3	
EGL 102	Composition II		3
CMN 101	Public Speaking Fundamentals		3
Language 102	Elementary Language II		4
BIO 107	Human Biology (Group IV GECC Sci Selection)		4
BIO 170**	Human Nutrition (IWU HLTH 230)		3
Total Credit Hours		15	17
SECOND YEAR	COURSE NAME	CREDIT HOURS	
		FALL	SPRING
BIO 175**	Human Anatomy I (meets IWU BIOL 107)	4	
ESS 220	Intro to Coaching (250+220=IWU PETH 290)	2	
PSY 214*	Intro/Child Psychology (Group II GECC Soc Sci)	3	
Language 201+	Intermediate Language I	4	
HUM 110	Intro Women & Gender Studies (Group III Fine Arts/IWU US diversity/previously HUM 102)	3	
SOC 101	Intro to Sociology (Group II GECC Social Sci)		3
BIO 176**	Human Anatomy II (meets IWU BIOL 108)		4
Humanities/Fine Arts	Group III GECC Humanities/Fine Arts Selection		3
MAT 141*	Math GECC selection (MATH 141 suggested)		4
Physical Science	Group IV GECC Physical Science Selection		3-4
Total Credit Hours		16	17-18

Note: CSC 105 is not transferable and Business 121 Intro to Business transfers as an elective only.

*Although not required for the major, in preparation for some health subspecialties and fitness center, or for graduate schools, it is strongly recommended that student take prerequisites for those programs which include the courses marked with an * plus two lab courses in chemistry, two lab courses in physics, and one course in psychology statistics. With planning, it is possible to take chemistry at the community college and the physics labs and the statistics in the 3rd and 4th years.

ILLINOIS WESLEYAN UNIVERSITY			
THIRD YEAR	COURSE NAME	UNIT HOURS	
		FALL	SPRING
PETH 325 HLTH 300 3xx or 4xx 1xx - 4xx PETH 326 PETH 320 1xx - 4xx HLTH 280 Total Units	Kinesiology	1	
	Achieving Wellness	1	
	Upper level elective	1	
	Elective/US diversity if not already met	1	
	First Aid & Athletic Training		1
	Organization & Administration of Athletics & PE Elective		1
	Elective		1
	Perspectives in Global Health		1
	4		4
FOURTH YEAR	COURSE NAME	UNIT HOURS	
		FALL	SPRING
PETH 330 2xx - 3xx 1xx - 4xx 1xx - 4xx PETH 327 PSYC 380 1xx - 4xx PETH 397 Total Units	Exercise Physiology (offered alternate years)	1	
	Elective (choose BIOL 323, 395 or PSYC 227 for graduate school)	1	
	Elective	1	
	Elective (possibly physics I)	1	
	Essentials of Strength & Conditioning (WI)		1
	Sports & Exercise Psychology		1
	Elective (possibly physics II)		1
	Internship (Review IWU catalog for internship credit requirements. Internship contract with the Career Center is required.)		1
	4		4

- Exercise Science activity courses such as physical conditioning are encouraged. However, physical education courses are not counted as academic units at IWU and will not count toward the 32 units required for graduation.
- At Lincoln Land, choose a (U) US Diversity course from recommended list to meet IWU graduation requirements. US diversity: HIS 111, HIS 112, POS 101, HUM 110 (previously 102). The global diversity requirement is met through coursework in the major at IWU.
- AP scores of 3, 4 and 5 will receive 1 unit of credit. Higher level IB scores of 4 or higher will receive 1 unit of credit.
- Remedial math courses may be needed to prepare for the math requirement. However, remedial courses will not transfer to IWU. Adjust schedule and hour requirements accordingly to complete degree.
- The second language requirement for this major requires students to demonstrate proficiency at a third-semester level. Proficiency can be met by earning a 4 or 5 on the AP exam in a second language. Completion of LLCC Intermediate level 201 also meets the requirement. IWU offers second language coursework in Spanish, Japanese, and American Sign Language. French coursework is available through agreements with other campuses.
- Students should complete the Associate in Arts with a minimum of 64 semester hours, not including remedial or PE courses, at Lincoln Land to be on track to complete their bachelor's degree in a total of four years.
- Students are required, at minimum, to complete 16 units of coursework at IWU including half of all major requirements.
- IWU Graduation requirements: 32 total courses and 32 total units with 9 courses and 9 units of upper level courses. (1 IWU unit = 4 semester hours)