

Exercise Science Transfer Pathway

Winona Campus

OVERVIEW

The need for educated professionals in the field of fitness and nutrition is greater than ever.

Are you passionate about fitness, health, and wellness? A 2-year degree in Exercise Science from Minnesota State College Southeast in Winona will prepare you to make a meaningful difference in this exciting career field.

With obesity and chronic disease on the rise, the need for educated professionals in the field of fitness and nutrition is greater than ever.

When you earn an Associate of Science degree in Exercise Science, you will develop a thorough understanding of the human body, including the principles of biology, chemistry, nutrition, human anatomy, human physiology, and kinesiology as they relate to physical fitness and wellness.

Graduates will be ready to seamlessly transfer to a related major at a Minnesota State university. Transfer opportunities include college and university programs in physical therapy, exercise physiology, public health, rehabilitative medicine, and other health-related fields.

MAJORS WITHIN

Exercise Science Transfer Pathway AS Degree 60 Credits

Estimated costs for each major including tuition, books and supplies are posted on southeastmn.edu under Academics > Academic Programs by Degree.

PROGRAM OUTCOMES

Program graduates will be able to:

1. Demonstrate sound foundational understanding of the principles of biology, chemistry, nutrition, human anatomy, human physiology, and kinesiology as they relate to physical fitness and wellness.
2. Demonstrate basic laboratory skills pertaining to assessments, laboratory methods, sound experimental and analytical practices, data acquisition, and reporting in the exercise sciences.
3. Advocate nutrition and physically active lifestyles as a means to improve quality of life and reduce the prevalence of lifestyle-related diseases.
4. Recognize the limitations and scope of practice for the exercise science professional as it relates to typical clients and special populations.
5. Demonstrate requisite skills and abilities for maintaining professional status and meaningful employment and/or continuing education in exercise science related areas.



PROGRAM HIGHLIGHTS

By developing a thorough understanding of the human body, students in the Exercise Science program are prepared for a variety of careers in health-related fields.

Program graduates can seamlessly transfer to the Athletic Training program at Winona State University.

Additional transfer opportunities into other college and university programs in physical therapy, exercise physiology, public health, rehabilitative medicine, and other health-related fields.

CAREER OPPORTUNITIES

Athletic Trainer
Exercise Physiologist
Personal Fitness Trainer
Physical Therapist
Physical Therapy Assistant

Exercise Science - Associate of Science Program Plan

Please note that this is a sample program schedule. Your schedule may vary depending upon your needs, goals, and course availability.
Please meet with your advisor to plan your schedule each semester.

Course No.	Course Name	Credits
First Semester (Fall)		
ENGL1215	College Writing I	3
BIOL1226	Nutrition	3
INSP1525	Career & Education Planning	1
CHEM1122**	Environmental Chemistry	3
EXSC1204*	Personal & Community Health	3
BIOL1200	Human Biology	4
Semester total		17
Second Semester (Spring)		
ENGL 2525	College Writing II	3
BIOL 2515	Anatomy & Physiology I	4
PSYC 2522	Positive Psychology	3
EXSC 1280*	Introduction to Exercise Science	3
HUMA elective		3
Semester total		16
Third Semester (Fall)		
HUMA Elective		3
Career Focus Elective		2
BIOL2516	Anatomy & Physiology II	4
PSYC1110	Intro to Psychology	3
MATH1230	Statistics	3
Semester total		15
Fourth Semester (Spring)		
HUMA Elective		3
Career Focus Elective		3
SOCS1110	Intro to Sociology	3
COMM1228	Interpersonal Communications	3
Semester total		12
Total Required Credits		60

*Offered at Winona State University. Please see advisor for scheduling.

** Alternative transfer level CHEM course may be substituted for CHEM 1122.

Southeast Exercise Science Pathway

*Effective Fall 2023

General Education Requirements					
Prefix	No	Course Title	Cr	Gr	Term
Goal 1: Written and Oral Communications (9 cr)					
ENGL	1215	College Writing I	3		
COMM	1228	Interpersonal Communications	3		
ENGL	2525	College Writing II	3		
Goal 2: Critical Thinking (0 – 3 cr)					
Goal 3: Natural Science (6 – 8 cr) 2 prefixes, at least one lab					
BIOL	1226	Nutrition	3		
CHEM	1122	Environmental Chemistry*	3		
Goal 4: Mathematical / Logical Reasoning (3 cr)					
MATH	1230	Statistics	3		
Goal 5: History & Behavioral Science (9 cr) with two different prefixes					
PSYC	1110	Intro to Psychology	3		
PSYC	2522	Positive Psychology	(3)		
SOCS	1110	Intro to Sociology	3		
Goal 6: Humanities (9 cr – three courses with two different prefixes)					
<i>Typically HUMA 1445 (Goal 6 & 8), HUMA 1125, and SPAN1230</i>					
Goal 7: Human Diversity (3 cr)					
SOCS	1110	Into to Sociology	(3)		

Goal 8: Global Perspective (3 cr)					
<i>Typically fulfilled with HUMA 1445 (Goal 6 & 8)</i>					
Goal 9: Ethical and Civic Responsibility (3 cr)					
PSYC	2522	Positive Psychology	3		
Goal 10: People and the Environment (3 cr)					
CHEM	1122	Environmental Chem	(3)		
Required Career Focus Credits (15 cr)					
INSP	1525	Career & Education Planning	1		
EXSC	1204	Personal & Community Health	3		
EXSC	1280	Introduction to EXCS	3		
BIOL	2515	Anatomy & Physiology I	4		
BIOL	2516	Anatomy & Physiology II	4		
Elective Career Focus Credits (see advisor for approval) (5 cr)					
<i>Choose from:</i> MEDS 1210 Medical Terminology (4) BUSN 2000 Small Business Development (3) BIOL 2540 Pathophysiology (3) HLTH courses as approved by advisor WSU courses as approved by advisor					

With the help of your advisor, choose classes for the open boxes above.

Course credits in parentheses signify that they fulfill the goal area, but are not counted toward credit total (cannot be counted twice).

*Alternative transfer level CHEM course may be substituted for CHEM 1122, note: will need to fulfill Goal 10 another way.

Completion Checklist

- I have a total of 60 credits
- I have received 33% or more of the program credits from MSCS.
- I have earned a 2.0 GPA or greater. My overall GPA _____. My Mn Transfer Curriculum GPA _____.
- This plan has been approved by my advisor
- I have applied for graduation