

## Associate of Applied Science, Sports & Fitness Management to Bachelor of Science in Exercise Science, Fitness Management Transfer Pathway

Course selection/order may vary. All pathways are subject to change. Always review with your LCCC/Partner advisor.

**LCCC courses are indicated in bold**; partner courses are not bolded.

### Year One Curriculum

#### Semester One

LCCC Course Name	Credit Hrs
<b>ENGL 161: College Composition I</b>	<b>3</b>
<b>BIOG 121: Anatomy &amp; Physiology I</b>	<b>4</b>
<b>HLED 151: Personal Health</b> or <b>HLED 152: Community Health</b> or <b>HLED 156: Health &amp; Wellness</b>	<b>2</b>
<b>HPED 165: Intro to Exercise Science</b>	<b>3</b>
<b>HPED 173: Biomechanics of Resistance Training</b>	<b>3</b>
<b>SDEV 101: Introduction to the LCCC Community</b>	<b>1</b>
<b>Semester Total</b>	<b>16</b>

#### Semester Two

LCCC Course Name	Credit Hrs
<b>ENGL 162: College Composition II</b>	<b>3</b>
<b>BIOG 122: Anatomy &amp; Physiology II</b>	<b>4</b>
<b>CMMC 151: Oral Communications</b>	<b>3</b>
<b>MTHM 158: Quantitative Reasoning</b> or <b>MTHM 168: Statistics</b>	<b>3</b>
<b>HPED 261: Exercise Physiology Foundations</b>	<b>3</b>
<b>Semester Total</b>	<b>16</b>

Cumulative Total Credit Hours After Year One: 32

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### Year Two Curriculum

#### Semester One

LCCC Course Name	Credit Hrs
<b>HLED 153: First Aid &amp; Safety</b>	<b>2</b>
<b>HPED 152: Application of Activities Across a Lifespan</b>	<b>3</b>
<b>HPED 272: Exercise Physiology II</b>	<b>3</b>
<b>HPED 275: Kinesiology</b>	<b>3</b>
<b>PEWL 151: Stress Management</b>	<b>1</b>
<b>LCCC PEFT/PEWL Elective</b>	<b>1</b>
<b><a href="#">OT36 Arts &amp; Humanities Course</a></b> <i>(must be Fine Arts, Literature, Philosophy, Humanities, or History - see UA Equivalency Guide)</i>	<b>3</b>
<b>Semester Total</b>	<b>16</b>

#### Semester Two

LCCC Course Name	Credit Hrs
<b>BIOG 153: Basic Human Nutrition</b>	<b>3</b>
<b>HPED 172: Exercise Management for Special Populations</b>	<b>2</b>
<b>PSYH 151: Introduction to Psychology</b>	<b>3</b>
<b>SOCY 151: Introduction to Sociology</b>	<b>3</b>
<b>LCCC PEFT/PEWL Elective</b>	<b>1</b>
<b>HPED 285: Practicum/Seminar Sports/Fitness Prof</b>	<b>2</b>
<b>PEFT 185: Ropes Course</b>	<b>1</b>
<b>Semester Total</b>	<b>15</b>

Cumulative Total Credits After Year Two: 63

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Student will have earned Lorain County Community College Associate of Applied Science, Sports & Fitness Management Degree (#3002) at the conclusion of the above curriculum pathway.

## Summer Semester

LCCC Course Name	Credit Hrs
<b>HPED 278: Sports &amp; Fitness Management Certification Preparation Class</b>	<b>3</b>

Cumulative Total Credits after Summer Semester: 66

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## Year Three Curriculum

### Semester One

LCCC Course Name	Credit Hrs
<b>HSTR 151: Civilization I</b>	<b>3</b>
<b>AHLN 110 Med Terminology</b>	<b>3</b>
<b>Cultural Studies - choose two: CMMC 177G: Intercultural Communications GPHY 151: Human Geography GPHY 152: United States &amp; Canada HSTR 252: Women in World History HSTR 267: African American Heritage URBS 151: Intro to Urban Studies URBS 210/WMST 210: Intro to Women's Studies</b>	<b>6</b>
<b>HPED 277: Measurement &amp; Evaluation in Exercise, Sport &amp; Physical Education (fall only)</b>	<b>3</b>
<b>Semester Total</b>	<b>15</b>

### Semester Two

LCCC Course Name	Credit Hrs
<b>BIOG 153: Basic Human Nutrition</b>	<b>3</b>
<b>HLED 181 Nutrition and Weight Management</b>	<b>3</b>
<b>HPED 222: Fundamentals of Strength &amp; Conditioning Programming</b>	<b>3</b>
<b>HLED 221: Health Promotion &amp; Behavior Change</b>	<b>3</b>
<b>HPED 265: Prevention &amp; Care of Sports Injuries for the Sports Professional</b>	<b>3</b>
<b>HPED 166: Group Exercise Instructor (spring only)</b>	<b>3</b>
<b>Semester Total</b>	<b>17</b>

Cumulative Total Credits After Year Three: 98

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## Year Four Curriculum

### Semester One

UA/LCCC Course Name	Credit Hrs
EXER:400: Musculoskeletal Anatomy I Upper ( <i>fall only</i> )	3
EXER:403: Exercise Testing ( <i>fall only</i> )	3
SPRT:420: Fundamental Management Strategies in Sport ( <i>fall or spring</i> )	3
<b>OT36 Arts &amp; Humanities Course</b> ( <i>must be Fine Arts, Literature, Philosophy, Humanities, or History - see UA Equivalency Guide</i> )	<b>3</b>
EXER:449: Org & Admin for Health Care Professionals ( <i>fall only</i> ) ( <i>must be senior status to enroll</i> )	3
Semester Total	15

### Semester Two

UA Course Name	Credit Hrs
EXER:401: Musculoskeletal Anatomy II Lower ( <i>spring only</i> )	3
EXER: 404: Exercise Prescription ( <i>spring or summer</i> )	3
MGMT:422: Applied Sales in Sport ( <i>fall or spring</i> )	3
EXER:426: Nutrition for Sports ( <i>fall or spring</i> )	3
EXER:460: Physical Education Practicum ( <i>spring only</i> )	3
Elective	2+
Semester Total	17

### Cumulative Total Credits After Year Four: 130

Student will have earned the University of Akron Bachelor of Science in Exercise Science, Fitness Management Concentration Degree at the conclusion of the above curriculum pathway.

#### Notes:

- Students must complete a minimum of 34 credit hours at the 300-400 level
- A cumulative GPA of 2.0 is required to graduate
- Students must earn a minimum of 120 credit hours to graduate

**Disclaimer:** *The fluidity of these pathways is acknowledged. At each level changes are possible as requirements, courses, course numbers, etc. may change. All efforts have been made to confirm the accuracy of the pathway by each institution. Always be aware of the date of review on the document. Always seek the assistance of an Academic Advisor or Counselor.*