

"SCHEDULE A"

Section I:

**College of the Albemarle
Health & Fitness Science (A45630)
Associate in Applied Science**

College of the Albemarle AAS Health & Fitness Science				Elizabeth City State University B.S. Kinesiology – Concentration in Fitness & Wellness			
GENERAL EDUCATION				GENERAL EDUCATION (35 SHC)			
ACA or ACA	111 or 122	College Student Success or College Transfer Success	1	UNIV	110	Freshman Seminar I (Fresh Seminar 1)	1
ENG	111	Writing & Inquiry	3	ENGL	102	Composition I (Eng Comp 1)	3
MAT or MAT	143 or 171	Quantitative Literacy or Precalculus Algebra	3 or 4	MAT or MAT	114 or 115	Math for Liberal Arts (Nat Sci/Math A) or College Algebra (Nat Sci/Math A)	3
PSY	150	General Psychology	3	PSY	212	General Psychology (Soc/Beh Sci B1)	3
HEA	110	Personal Health & Wellness	3	HLTH	185	Health Concepts (Health/PE A)	2
COM	231	Public Speaking	3	SPCH	314	Public Speaking (Hum/Fine Arts A1)	3
ART or MUS	111 or 110	Art Appreciation or Music Appreciation	3	ART or MUS	130 or 135	Art Appreciation (Hum/Fine Arts B) or Mus Appreciation (Hum/Fine Arts B)	2
PED	000	Physical Education Elective	1	PE	000	Physical Education Elective (Health/PE B)	1
			20-21				18
CORE COURSES				CORE COURSES (23 SHC)			
HFS	110	Exercise Science	4	KIN	239	Intro to Kinesiology	2
HEA	112	First Aid & CPR	2	HLTH	367	First Aid, CPR, & Safety	3
			6				5
CORE ELECTIVES				CORE ELECTIVES (8 SHC)			
HFS and HFS	116 and 210	Prev & Care of Ex Related Injuries and Personal Training	3 and 3	KIN	368	Prevention & Care of Athletic Injuries	2
HFS and HFS	116 and 212	Fitness Facility Management and Exercise Programming	4 and 3	PESM	411	Facilities Management	3
			13				5
RELATED AREA				RELATED AREA (24 SHC)			
BIO	168	Anatomy & Physiology I	4	KIN	210/210L	Applied Anatomy & Physiology & Lab	4
PED and PED	110 and 117	Fit & Well for Life and Weight Training I	2 and 1	KIN	243	Individual Sports	2
			7				6
CONCENTRATION				CONCENTRATION (18 SHC)			
HFS	218	Lifestyle Changes & Wellness	4	KIN	379	Lifestyle, Wt Mgmt, Health Coaching	3
HFS	120	Group Exercise Instruction	3	KIN	407	Group Exercise Instruction	3
			7				6
FREE ELECTIVES				FREE ELECTIVES (12 SHC)			
BIO	155	Nutrition	3	ELEC	000	Free Elective	3
BIO	169	Anatomy & Physiology II	4	ELEC	000	Free Elective	4
HFS	111	Fitness & Exercise Testing	4	ELEC	000	Free Elective	4
PED	118	Weight Training II	1	ELEC	000	Free Elective	1
			12				12
Credits for AAS Degree in HFS at COA			66-67	Transfer Credits Accepted at ECSU			52

						CONCENTRATION	
				KIN	383	Aquatic & Fitness Instruction	3
				KIN	388	Lifesaving	3
				KIN	390	Water Safety	3
				KIN	478	Swimming Pool Operation & Maint	3
							12
						Total Credits Required at ECSU	69

**Classes with an asterisk are not required as part of the AAS degree program in Health & Fitness Science, but can be taken at COA and transferred towards B.S. – Kinesiology requirements at ECSU. However, only 65 TOTAL credit hours may be transferred to ECSU.*

Successful applicants (those holding an AAS in Health & Fitness Science Degree from College of The Albemarle, and meeting admission requirements at Elizabeth City State University), will be admitted into the B.S Kinesiology – Concentration in Fitness & Wellness program.

SUMMARY	
Transfer Credits from Associate Degree	52
Credits to be Taken at ECSU	69
Total Credits for B.S. Degree	121