

**HCC Associate of Science in Health, Fitness, and Nutrition  
to  
AIC Bachelor or Science in Exercise Science**

Student Name: \_\_\_\_\_  
 Evaluator: \_\_\_\_\_  
 Date: \_\_\_\_\_

| HCC Course #   | HCC Course Name                                  | HCC Credit | AIC Course # | Sub-category                        | AIC Course name  | AIC Credit |
|--|--|------------|--------------|-------------------------------------|--|------------|
| <b>Personal and Professional Development</b>   |  |            |              |                                     |  |            |
| WAIVE  | Waive  |            | AIC1140      |                                     | APEX1 (or elective)  | 1          |
|  |  |            | AIC2140      |                                     | APEX2  | 1          |
|  |  |            | AIC3140      |                                     | APEX3  | 1          |
|  |  |            | AIC4140      |                                     | APEX4  | 1          |
| <b>Civic and Social Responsibility</b>   |  |            |              |                                     |  |            |
| SOC/SCI ELE  | Social Science (see AIC approved gen. ed. Sheet) | 3          | CSR          |                                     | Civic and Social Responsibility: American Heritage/Society or Global Perspective                           | 3          |
|  |  |            | CSR          |                                     | Civic and Social Responsibility: American Heritage/Society or Global Perspective                           | 3          |
| <b>Human Culture and Expression</b>  |  |            |              |                                     |  |            |
| <i>(5 courses, 15 credits total, with 2 courses in Composition and Communication and the 3 remaining courses in at least 2 of the remaining 3 areas)</i> |  |            |              |                                     |  |            |
| ENG101   | College Composition I                            | 3          | ENG1201      |                                     | English Composition  | 3          |
| ENG102   | College Composition II                           | 3          | ENG 1202     |                                     | Analytical Writing   | 3          |
| PHI103/120   | Clear Thinking/Sound Reasoning OR Ethics         | 3          | HCE          |                                     | Human Culture and Expression: Philosophy and Ethics  | 3          |
| HUM ELE  | Humanities (see AIC approved gen. ed. Sheet)     | 3          | HCE          |                                     | Any Human Culture and Expression Course (not previously taken above)- Must be from different sub-category. | 3          |
|  |  |            | HCE          |                                     | Human Culture and Expression   | 3          |
| <b>Major Requirements</b>  |  |            |              |                                     |  |            |
|  |  |            | BIO1400/1401 | Scientific Perspectives and Inquiry | Biology I & Lab  | 4          |
|  |  |            | BIO1500/1501 | Scientific Perspectives and Inquiry | Biology II & Lab   | 4          |
| BIO217   | Anatomy & Physiology I                           | 4          | BIO1200/1201 |                                     | Human Anatomy and Physiology I & Lab   | 4          |
| BIO218   | Anatomy & Physiology II                          | 4          | BIO1210/1211 |                                     | Human Anatomy and Physiology II & Lab  | 4          |
|  |  |            | BIO3200      |                                     | Human Functional Anatomy   | 3          |
| PSY110   | Introduction to Psychology                       | 3          | PSY1401      |                                     | General Psychology I   | 3          |
|  |  |            | PSY1501      |                                     | General Psychology II  | 3          |
| MTH142   | Statistics                                       | 3          | MAT1430      | Quantitative Literacy               | Statistics   | 3          |
| HFN172   | Introduction to Exercise Science                 | 2          | EXS1100      |                                     | Introduction to Exercise Science   | 2          |
|  |  |            | EXS/IPE 1200 |                                     | Health Science Professions   | 3          |
|  |  |            | EXS2100      |                                     | Research Methods   | 3          |
| HFN120   | Motor Learning Principles and Practices          | 3          | EXS2300      |                                     | Motor Development and Learning   | 3          |
|  |  |            | EXS2400      |                                     | Sport and Exercise Nutrition   | 3          |
| HFN277   | Biomechanics of Human Movement                   | 3          | EXS3100      |                                     | Human Biomechanics   | 3          |
|  |  |            | EXS3200      |                                     | Injury and Evaluation of Lower Extremities   | 3          |
| HFN276   | Physiology of Exercise                           | 4          | EXS3300      |                                     | Physiology of Exercise   | 3          |
|  |  |            | EXS3400      |                                     | Injuries and Evaluation of Upper Extremities   | 3          |
|  |  |            | EXS4100      |                                     | Therapeutic Exercise   | 3          |
|  |  |            | EXS4200      |                                     | Exercise Testing and Rx  | 3          |
|  |  |            | EXS4300      |                                     | Exercise Testing for Special Populations   | 3          |
|  |  |            | EXS4400      |                                     | Gerokinesiology  | 3          |
|  |  |            | EXS4500      |                                     | Research Seminar   | 2          |
|  |  |            | EXS4600      |                                     | Therapeutic Modalities   | 3          |
|  |  |            | SRM3203      |                                     | Sport Psychology   | 3          |
| <b>Electives</b>   |  |            |              |                                     |  |            |
| HFN190   | Fitness Pro Seminar Field Experience             | 3          | ELE          |                                     | Elective   | 3          |
| NTR101   | Intro to Nutrition                               | 3          | ELE          |                                     | Elective   | 3          |
| SOC110   | Introduction to Sociology                        | 3          | ELE          |                                     | Elective   | 3          |
| COM121   | Intro to Communication                           | 3          | ELE          |                                     | Elective   | 3          |
| HFN 103/104  | First Aid/Safety OR Sports First Aid             | 1          | ELE          |                                     | Elective   | 1          |
| HFN XXX  | 9 credits of HFN Electives                       | 9          | ELE          |                                     | Elective   | 9          |

Total Credits Earned at HCC

63

Total AIC Credits Remaining

58