

Transfer Agreement

**Rose State College: A.S. in Health and Sports Sciences-Exercise Fitness Management**  
**University of Central Oklahoma: B.S. Kinesiology – Exercise/Fitness Management**

To comply with this agreement, students must complete the associate degree with the major listed above and include the specific courses listed below.

**RSC**

An Associate in Science (A.S.) or Associate in Art (A.A.) degree from an accredited Oklahoma institution that includes the OSRHE minimum requirements will satisfy the UCO University Core.

See the program requirements for the associate degree on the RSC website.

**Credited courses completed as part of the A.A. or A.S. that do not apply to the general education at RSC or the UCO major transfer to UCO as electives.**

Hours required for the A.S. or A.A. degree/major at RSC .....60-64

**UCO**

- Written and Oral Communication
- Quantitative Reasoning/Scientific Method with Lab
- Critical Inquiry and Aesthetic Analysis
- American Historical and Political Analysis
- Cultural and Language Analysis
- Social and Behavioral Analysis
- Life Skills

Remaining hours in UCO University Core.....0

<b>RSC</b>	<b>UCO</b>
General Education requirements	University Core completed with A.A or A.S.
HPER 1102 First Aid	HLTH 2212 First Aid with Cardio Resuscitation
HPER 1202 Health and Wellness	+HLTH 1112 Healthy Life Skills
HPER 1213 Introduction to Health and Sports Sciences	+KINS 2643 Intro to Kinesiology Studies
HPER 2612 Legal Aspects of Health and Sports Sciences	KINS 4252 Legal Aspects of Leisure Services and Fitness Programs
HPER 2333 Sports Nutrition	#HLTH 3413 Nutrition for Sport and Fitness
HPER 2702 Health and Sports Science Practicum	+^**KINS 4900 Practicum Kinesiology Health Studies (Departmental Substitution)
HPER 2643 Applied Anatomy	+HLTH 3223 Applied Anatomy
HPER 2623 Physiology of Exercise	+PHED 3503 Physiology of Exercise

(May be taken at RSC.) This signifies that a UCO course requirement can be met with the equivalent RSC course (found on the UCO website). To take this course at RSC, the student should confirm that it will fit into the associate's degree without exceeding the requirements. A minimum of 60 hours must be taken at a baccalaureate granting institution. Exceeding 64 credit hours at the community college means the student will be required to take more than the minimum of 124 credit hour total. A minimum of 40 hours of 3/4000 level courses is required for the baccalaureate. Courses from community colleges are 1/2000 level.



**Total at Rose State College.....60-64**

**To be taken at the University of Central Oklahoma.....60-64**

Remaining Major Requirements

**Kinesiology - Exercise/Fitness Management .....57**

Required Core ..... 15

Required Courses:

- HLTH 4103 Human Development
- +^\*\*KINS 3403 Principles in Leadership Development
- ^KINS 3623 Program Design and Management
- +KINS 3713 Research and Evaluation
- ^KINS 4433 Management Principles

Required Theory .....38

- HLTH 3493 Physical Treatment of Athletic Injuries
- KINS 2713 Physical Activity & Health
- #KINS 3112 Group Exercise Techniques
- #KINS 4203 Physical Activity and Aging
- #^KINS 4263 Performance Training Concepts
- #^KINS 4323 Exercise Programming for Special Populations
- #^KINS 4413 Applied Exercise Physiology
- #^KINS 4513 Fitness Assessment
- #^\*KINS 4523 Exercise Prescription
- #KINS 4950 Internship in Kinesiology and Health Studies  
(6 hrs)

- +PHED 3333 Mechanical Principles and Analysis of Movement
- REC 3513 Facility Management

Required Theory (Supporting Fields).....4

- +CHEM 1014 Introduction to Chemistry and Lab (May be taken at RSC.)
- +CHEM 1014L introduction to Chemistry Lab

\* To be taken concurrently

\*\* To be taken concurrently

^ Must be completed to enroll in the internship

+ Must be taken prior to admission into the program with a minimum 2.5 average.

# Admission into the Exercise/Fitness Management major required.

Electives to bring total to..... 124

Minimum Grade Requirements

1. Average in all college course work .....2.00
2. Average in all UCO course work .....2.00
3. Average in Pre-Kinesiology (+) course work.....2.50  
(minimum grade of "C").
2. Average in major course work. ....2.50  
(minimum grade of "C").

Admission to the Major:

The student must apply for the Exercise & Fitness Management program by submitting the application and transcript to the Kinesiology & Health Studies Office on or before the last Friday of January for fall admission and the second Friday of September for spring admission. Students will be notified eight to ten weeks after the filing date as to the disposition of the application.

Students must meet all bachelor degree requirements at UCO to include minimums of:  
40 hours of upper division coursework



30 hours in residence at UCO  
15 of the last 30 hours must be taken in residence at UCO  
60 hours from baccalaureate granting institutions

**Program-to-Program Transfer policies are available in the Introduction for Program-to-Program Agreements on the UCO website at the top of the list of transfer agreements. This agreement does not include all possible variations for transfer with these programs/majors. The Academic Advisors along with the information in the official catalogs at both institutions are critical to the understanding of the specifics of degree completion.**

