



Bachelor of Science in
Exercise Science

TRINE UNIVERSITY

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Transfer Overview	Credit Hours
Finlandia University – AAS Physical Therapist Assistant credits transferred	70
Trine BS in Exercise Science remaining credits to complete	50
Total Credits	120

Trine Bachelor of Science in Exercise Science - 120 credit hours

General Education Requirements – 30 hours			Transfer Institution Information	
Communication – 9 hrs.			Finlandia University	Credits
ENG 143	College Composition	3	ENG 104 College English II	3
HUM 203	Humanities Seminar	3	ENG 103 College English I (sub)*	3
SP 203	Effective Speaking	3		
Humanities and Social Science – 9 hrs.				
PSY 113	Principle of Psychology	3	PSY 101 Intro to Psychology	3
SM 393	Sport Psychology	3		
	Humanities Elective	3	REL/FNS Religion or Finnish Studies	3
Mathematics and Science – 10 hrs.				
MA 113	College Algebra	3	MAT 145 College Algebra	3
BIO 154	Human Body Systems	4	BIO 171 Anatomy & Physiology I	4
BIO 163	Medical Terminology	1		
Other – 2 hrs.				
EXS 102	Lifetime Wellness	2		
Applied Health Science Core – 43 hrs.				
UE 101	University Experience	1	UNS 115 Sisu Seminar	1
EXS 113	Intro to Exercise Science	3		
EXS 203	Risk & Sports	3		
EXS 263	Motor Learning	3	PTA 245 Neurologic Rehab through Life	3
EXS 273	Nutrition	3		
EXS 283	Fitness Evaluation Assessment	3		
EXS 283	Biomechanics	3		
EXS 323	Performance Nutrition	3		
EXS 333	Kinesiology	3	PTA 200 Functional Anatomy	3
EXS 343	Principles of Human Performance	3		
EXS 353	Exercise Physiology	3		
EXS 363	Capstone Experience in Health Sciences I	3		
EXS 373	Health Promotion & Problems	3		
EXS 383	Health Coaching	3		
EXS 483	Professional Development in EXS	3		
Exercise Science Electives – 12 hrs.				
From the following: EXS 103, EXS 243, EXS 413, EXS 423, EXS 453, EXS 483 in Coaching, EXS 493, EXS 474				
		12		
Electives – 35 hrs.				
	Electives	35	Complete from undistributed credits where applicable. Total transfer credit not to exceed 90 credits.	
	TOTAL	120	Transfer Total	70

*HUM 203 Humanities Seminar has a residency requirement with no substitutions or transfers. This will be waived for Finlandia students who have successfully completed ENG 103 College English I.

Finlandia Undistributed Credits
PHL 212 Ethics: Theory & Practices (3)
BIO 172 Anatomy & Physiology II (4)
HSC 260 Pathological Conditions (2)
HSC 112 Medical Terminology (1)
PTA 101 Intro to Physical Therapy (1)
PTA 205 Functional Activities (2)
PTA 210 Therapeutic Exercise (3)
PTA 211 Clinical Orthopedics (2)
PTA 215 Therapeutic Modalities I (2)
PTA 216 Therapeutic Modalities II (2)
PTA 217 Therapeutic Procedures (1)
PTA 220 Tests & Measures (1)
PTA 223 Clinical Prep (2)
PTA 224 Clinical Practice (4)
PTA 226 Clinical Prep & Special Topics (2)
PTA 235 Patient Handling & Massage (1)
PTA 245 Neurologic Rehab through Life (1 split)
PTA 250 Geriatric PTA (2)
PTA 290 Clinical Education I (2)
PTA 291 Clinical Education II (2)
PTA 292 Clinical Education III (4)