



**Bachelor of Science in
 Exercise Science**

TRINE UNIVERSITY

Transfer Overview	Credit Hours
Iowa Wesleyan University - BS Exercise Science & Wellness (non-licensure) credits transferred	90
Trine BS Exercise Science remaining credits to complete	30
Total Credits	120

Trine Bachelor of Science in Exercise Science - 120 Credit Hours

General Education Requirements - 30 Hours		Transfer Institution Information		
Communication - 9 hours		Credits	Iowa Wesleyan University	Credits
ENG 143	College Composition	3	ENG 110 College Research	3
HUM 203	Humanities Seminar	3	ENG 109 College Composition (SUB)*	3
SP 203	Effective Speaking	3	COMM 147 Intro to Public Speaking	3
Humanities and Social Science - 9 hours				
PSY 113	Principles of Psychology	3	PSYC 131 General Psychology	3
SM 393	Sport Psychology	3		
	Humanities Elective	3	Humanities Elective	3
Mathematics and Science - 10 hours				
MA 113	College Algebra	3		
BIO 154	Human Body Systems	4		
BIO 163	Medical Terminology	3		
Other - 2 hours				
EXS 102	Lifetime Wellness	2	PE 109 Funct Fit & Personal Wellness	3
Exercise Science Content - 43 hours				
UE 101	University Experience	1	WS 147 Tiger Perspectives	3
EXS 113	Intro to Exercise Science	3		
EXS 203	Risk & Sports	3		
EXS 263	Motor Learning	3		
EXS 273	Nutrition	3	HLTH 300 Health & Nutrition	3
EXS 283	Fitness Evaluation Assessment	3	PE 381 Fitness Evaluation & Training	3
EXS 293	Biomechanics	3		
EXS 323	Performance Nutrition	3		
EXS 333	Kinesiology	3	PE 352 Kinesiology	3
EXS 343	Principles of Human Performance	3		
EXS 353	Exercise Physiology	3	PE 484 Physiology of Exercise & Health	4
EXS 363	Capstone Experience in Health Science I	3	PE 398 Practicum in Physical Education	3
EXS 373	Health Promotion & Problems	3	HLTH 344 Cmty & Consumer Health	3
EXS 383	Health Coaching	3		
EXS 483	Professional Development in EXS	3		

Exercise Science Elective Credit - 12 hours				
<i>Complete 12 credits from: EXS 103, EXS 243, EXS 413, EXS 423, EXS 453, EXS 483 in Coaching, EXS 493, or EXS 474</i>				
Free Electives - 35 hours				
	Elective	35	Complete from undistributed credits. Total transfer credit not to exceed 90 credits.	
	Total	120	Transfer Total	90

*HUM 203 Humanities Seminar has a residency requirement with no substitutions or transfers. This will be waived for Iowa Wesleyan University students who have successfully completed ENG 109 College Composition.

Undistributed Credits	Credits
WS 148 Tiger Expeditions	1
Math	3
Science	4
Humanities Electives	3
Social Science Electives	3
Culture & Diversity Electives	3
HLTH 200 Substance Abuse	2
PE 231 First Aid	1
PE 250 Motor Learning	2
PE 260 Scientific Aspects of Strength Development	2
PE 356 Principles & Assessment of Physical Education	3
PE 382 Prevention, Care & Treatment of Injuries	3
PE 498 Internship in Exercise Science	6
BIO 241 Anatomy & Physiology I	4
BIO 242 Anatomy & Physiology II	4
PSYC 251 Developmental Psychology	3
WS 300 Global Issues, WS 315 Social Justice & Service, WS 380 Global Health Care, or ENG 341 World Literature	3

Transfer Policy

1. An official college/university transcript sent or scores from the transferring college to Trine University.
2. A grade of "C" or higher was earned in the transferring course.
3. Credits are from a regionally accredited or DOE institution.
4. Courses are 100-level or higher (not pre-college, remedial, developmental, preparatory, or credits through testing or assessed learning).