

Associate in Arts – Kinesiology – Exercise Science/Personal Training Sample Plan

Transfer & Career Notes

Kinesiology is the study of human movement whether it is through scientific aspects, learning to teach technical and tactical skills in sport, or improving your own level of physical fitness through courses in fitness, individual and team sports, martial arts and dance. A Bachelor's degree in Kinesiology can give you the knowledge to become a certified personal trainer or provide you with many professional options related to the Sports and Fitness Industry

Suggested Courses

This sample transfer planning guide meets the requirements of the Fall 2016 AA degree. Transfer institution requirements may vary - students should check individual college/university requirements before completing the sample plan as outlined. Baccalaureate admission may be competitive; completion of these courses alone does not guarantee admission.

Requirements for schools vary. Students should check the individual school requirements before completing the curriculum as outlined.

Courses	Semester Hours
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Communications

ENG 101 English Composition I	3
ENG 102 English Composition II	3
SPE 101 Fundamentals of Speech Communication	3

Mathematics

MTH 101 Quantitative Literacy	4
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Physical & Life Sciences

Select one physical and one life science course. At least one must include a lab. Approved courses are listed with the requirements for the associate degrees. See Group 3 - Physical and Life Sciences - in the AA Degree.	7
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Humanities & Fine Arts

Select at least one course from humanities and one from fine arts. Interdisciplinary courses may count in either category. Approved courses are listed with the requirements for the associate degrees. See Group 4 - Humanities and Fine Arts - in the AA Degree	9
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For students following the 2005-2006 catalog or later, one course from humanities and fine arts or social and behavioral sciences must meet the world cultures and diversity requirement.

Social & Behavioral Sciences

Approved courses are listed with the requirements for the associate degrees. See Group 5 - Social & Behavioral Sciences - in the AA Degree	9
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For students following the 2005-2006 catalog or later, one course from humanities and fine arts or social and behavioral sciences must meet the world cultures and diversity requirement.

Major Discipline and Transfer Electives

HED 200 Health	3
KIN 203 Wellness for Life	3

Students should check the curriculum of the transfer schools they are considering.

Bachelor's degree programs in Kinesiology can encompass different major program areas including:

Exercise Science/Personal Training (chose 17 hours from):	17
KIN 111 Basic Weight Training	1
KIN 114 Sports Performance Fitness	1
KIN 200 Introduction to the Field of Kinesiology	2
KIN 202 Standard First Aid	3

KIN 221 Care and Prevention of Athletic Injuries	3
KIN 223 Sports Psychology	3
KIN 225 Sports Nutrition	3
KIN 230 Personal Training I/Exercise Science	3
KIN 231 Personal Training II/Fitness Assessment Procedures	2
KIN 232 Personal Training/Functional Exercise Instruction	2

Approved courses are listed with the requirements for the associate degrees.
See Group 6 – Major Discipline and Transfer Electives - in the AA Degree.

Transfer Information

Many schools offer the kinesiology major. A sampling of some in Illinois include:

- Concordia University
- DePaul University
- Eastern Illinois University
- Elmhurst College
- Illinois State University
- North Central College
- Northeastern Illinois University
- Northern Illinois University
- Southern Illinois University
- Western Illinois University

More Information

For additional transfer resources and to make an appointment with a counselor, please contact one of our advising offices.

Academic Advising and Counseling	I-117	847-925-6393
Center for Multicultural Learning	A-347	847-925-6522
Career Development Center	A-347	847-925-6220

Occupational Outlook Handbook	http://www.bls.gov/oco/
The Princeton Review	http://www.princetonreview.com/
American Federation of Teachers	http://www.aft.org/
Teachers Net	http://teachers.net/