

# Harper College Transfer Planning Guide

## 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 2017 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
<b>First Semester</b>	
Communication - ENG 101 English Composition I	3
Mathematics - MTH 101 Quantitative Literacy or MTH 165 Elementary Statistics	4
Social and Behavioral Sciences – <b>See Group 5 in the AA Degree and transfer school information</b>	3
Humanities and Fine Arts* – <b>See Group 4 in the AA Degree and transfer school information</b>	3
Major Discipline and Transfer Elective – KIN 200 Introduction to the Field of Kinesiology	3
<b>Second Semester</b>	
Communication - ENG 102 English Composition II	3
Physical and Life Sciences – <b>See Group 3 in the AA Degree and transfer school information</b>	4
Social and Behavioral Science – <b>See Group 5 in the AA Degree and transfer school information</b>	3
Major Discipline and Transfer Elective – KIN 203 Wellness for Life	3
Major Discipline and Transfer Elective – HED 200 Health	3
<b>Third Semester</b>	
Communication - SPE 101 Fundamentals of Speech Communication	3
Physical and Life Sciences – <b>See Group 3 in the AA Degree and transfer school information</b>	3
Humanities and Fine Arts* – <b>See Group 4 in the AA Degree and transfer school information</b>	3
Major Discipline and Transfer Elective <sup>1</sup> – <b>See Group 6 in the AA Degree and transfer school information</b>	3
Major Discipline and Transfer Elective <sup>1</sup> – <b>See Group 6 in the AA Degree and transfer school information</b>	3
<b>Fourth Semester</b>	
Humanities and Fine Arts* – <b>See Group 4 in the AA Degree and transfer school information</b>	3
Social and Behavioral Science – <b>See Group 5 in the AA Degree and transfer school information</b>	3
Major Discipline and Transfer Elective <sup>1</sup> - <b>See Group 6 in the AA Degree and transfer school information</b>	8

<sup>1</sup> Recommended courses include KIN 111, KIN 202, KIN 221, KIN 223, KIN 225, KIN 230, KIN 231. Students should consult with the transfer school to see which courses transfer.

\* For Humanities and Fine Arts select at least one course from humanities and one from fine arts. Interdisciplinary courses may count in either category.

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.

## 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 an advisor or 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	<a href="http://www.bls.gov/oco/">http://www.bls.gov/oco/</a>
The Princeton Review	<a href="http://www.princetonreview.com/">http://www.princetonreview.com/</a>
American Federation of Teachers	<a href="http://www.aft.org/">http://www.aft.org/</a>
Teachers Net	<a href="http://teachers.net/">http://teachers.net/</a>