



B.S. Exercise Science Transfer Guide

This guide is meant to aid students in planning to transfer to North Central and pursuing an Exercise Science major. While efforts are made to ensure the accuracy of all transfer guides, confirming all course work with the North Central College transfer admission staff is the responsibility of the student.

North Central College – Exercise Science	Triton College Equivalent
EXSC 101 – Foundations of Exercise Science	
EXSC 345 – Training Techniques	
EXSC 347 – Physiology of Exercise	
EXSC 410 – Fitness Evaluation	
EXSC 420 – Exercise Program Design	
EXSC 490 – Internship Seminar	
EXSC 497 – Internship	
KINE 147 – First Aid	HTH 281 – First Aid & CPR
KINE 247 – Functional Anatomy	PED 200 – Introduction to Biomechanics
KINE 317 – Kinesiology	
BCHM 140 – Introduction to Nutrition	HTH 120 – Nutrition Science
PSYC 255 – Research Design and Experimentation	
Practicum Topics (one of the following):	
EXSC 295 – Research Practicum	
EXSC 390 – Special Topics	
Electives (12 credit hours from below):	
EXSC 390 – Athletic Conditioning	
EXSC 390 – Exercise Medicine	
EXSC 390 – Exercise in Extreme Environments	
KINE 280 – Human Pathophysiology	
SMGT 220 – Sport Budgeting and Finance	
BUSN 170 – Entrepreneurship Exploration	BUS 136 – Entrepreneurship
CHEM 121 – General Chemistry I	CHM 140 – General Chemistry I
CHEM 122 – General Chemistry II	CHM 141 – General Chemistry II
PHIL 213 – Health Care Ethics	PHL 106 – Biomedical Ethics
PHYS 131 – Physics I	PHY 101 – General Physics
PHYS 132 – Physics II	PHY 102 – General Physics
PSYC 235 – Lifespan Development	
PSYC 282 – Stress and Coping	
PSYC 385 – Health Psychology	PSY 207 – Health Psychology
SOCI 343 – Health, Illness and Care	
Additional requirements for the Bachelor of Science degree:	
BIOL 201 – Anatomy and Physiology I	BIS 240 – Human Anatomy & Physiology I
BIOL 202 – Anatomy and Physiology II	BIS 241 – Human Anatomy & Physiology I
PSYC 250 – Statistics	BUS 149 or ECO 170 or MAT 170 – Statistics