Exercise Science/Health Occupations 2024-2025

Advising Guide



EXPRESS

Contact: Rachel Jameton | 208-792-2295 | rajameton@lcsc.edu

Contact: Aaron Von Lindern 208-562-3342 aaronvonlindern@cwidaho.cc

	GENERAL EDUCATION					
Course #	Course Title	CR				
Written Communication						
ENGL 101	English Composition I	3				
ENGL 102	English Composition II	3				
Oral Commi	Oral Communication					
Students ch	pice from GEM 2	3				
Mathematical Ways of Knowing						
MATH 147	Precalculus	5				
Scientific Ways of Knowing						
BIOL 227/L	Human Anatomy and Physiology 1 with lab	4				
EXHS 270/L	Motor Learning	4				
Humanistic & Artistic Ways of Knowing						
Student cho	ice from GEM 5	3				
Student choice from GEM 5 (must be different discipline than previously selected GEM 5 course)		3 to 4				
	navioral Ways of Knowing					
PSYC 101	General Psychology	3				
EXHS 155	Health and Wellness	3				
Connecting With Ideas						
CWID 101	Connecting with Ideas	3				
Global Pers	pectives					
HLTH 280**	Global Health	3				
Additional CWI courses that also meet LC State BA/BS Degree Requirements						
BIOI 228/L	Human Anatomy and Physiology 2	4				
EXHS 201	Cultural, Historical, and Philosophical Foundations of	3				
EXHA 103	Stress Management	3				
EXHS 290/L	Exercise Physiology with lab	4				
EXHS 220	Care and Prevention of Athletic Injury	4				
HLTH 210	Human Sexuality	3				
PHLT 240	Intro to Health Promotion and Education	3				
HLTH 220	Fundamentals of Nutrition	3				
***At CWI, students must select a GEM course that includes the "E" (Ethics) designation						
CWI TOTAL		67				

Course ## Course Title CR Health & Kinestology Program with Exercise Science/Health Occupations embrasis ■ HLTH 352 Technologies for Health & Wellness Professionals 3 HLTH 354 Addiction and Performance 2 KIN 370 Motor Learning/Motor Development 3 KIN 381 Tests and Measurements 3 KIN 486 Organization/Administration of HPER 3 KIN 494 Internship 3 KIN 261, 262, 267, 268, 269 Select THREE of the Skill/Analysis Courses: Court Sports, Tield Sports, Strength Development, Core & Flexibility or Gymnastics & Movement 3 KIN 362 Biomechanics 3 KIN 434 Exercise Prescription 3 KIN 494 Internship in Kinesiology 3 KIN 495 Ethical Decision Making 3 Select FIVE (5) credits from the following selectives: 5 HLTH 248, HLTH 343, HLTH 454, KIN 411, KIN 435, KIN 436 or KIN 467						
HLTH 352 Technologies for Health & Wellness Professionals Addiction and Performance 2 KIN 370 Motor Learning/Motor Development 3 KIN 381 Tests and Measurements 3 KIN 486 Organization/Administration of HPER 3 KIN 494 Internship 3 Select THREE of the Skill/Analysis Courses: Court Sports, Field Sports, Strength Development, Core & Flexibility or Gymnastics & Movement KIN 362 Biomechanics 3 KIN 434 Exercise Prescription 3 KIN 434 Internship in Kinesiology 3 Select FIVE (5) credits from the following selectives: 5 HLTH 248, HLTH 343, HLTH 454, KIN 411, KIN 435, KIN 436 or KIN 467 Choose elective credits (see advisor) 5 Senior Research Project KIN 498 Senior Research Project I KIN 499 Senior Research Project II 3 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 8 22 Upper Division Credits 8 32 Upper Division Credits	Course #	Course Title	CR			
HILTH 354 Addiction and Performance 2	Health & Kinesiology Program with Exercise Science/Health Occupations emphasis					
KIN 370 Motor Learning/Motor Development 3 SIN 1981 Tests and Measurements 3 SIN 1981 Tests and Measurements 3 SIN 1982 Min 486 Organization/Administration of HPER 3 SIN 494 Internship 3 Select THREE of the Skill/Analysis Courses: Court Sports, Field Sports, Strength Development, Core & Flexibility or Gymnastics & Movement SIN 494 Exercise Prescription 3 SIN 494 Internship in Kinesiology 3 SIN 495 Ethical Decision Making 3 Select FIVE (5) credits from the following selectives: 5 SIN 494, HLTH 343, HLTH 343, HLTH 454, KIN 411, KIN 435, KIN 436 or KIN 467 SIN 498 Senior Research Project Senior Research Project Senior Research Project Senior Research Project Sin 499 Senior Research Project Strike Senior Research Project Strike Senior Research Project Sin 499	HLTH 352	Technologies for Health & Wellness Professionals	3			
KIN 381 Tests and Measurements 3 SIN 486 Organization/Administration of HPER 3 SIN 494 Internship 3 Select THREE of the Skill/Analysis Courses: Court Sports, Field Sports, Strength Development, Core & Flexibility or Gymnastics & Movement SIN 494 Senior Research Project IS Select THREE of the Skill/Analysis Courses: Court Sports, Field Sports, Strength Development, Core & Flexibility or Gymnastics & Movement SIN 494 Senior Research Project II Senior Research Project II Senior Research Project II Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits Senior Resident Credits Senior Credits Senior Credits Senior Research Project II Senio	HLTH 354	Addiction and Performance	2			
KIN 486 Organization/Administration of HPER 3 KIN 494 Internship 3 KIN 261, 262, 267, 268, 269 Select THREE of the Skill/Analysis Courses: Court Sports, Field Sports, Strength Development, Core & Flexibility or Gymnastics & Movement 3 KIN 362 Biomechanics 3 KIN 434 Exercise Prescription 3 KIN 494 Internship in Kinesiology 3 KIN 425 Ethical Decision Making 3 Select FIVE (5) credits from the following selectives: 5 HLTH 248, HLTH 343, HLTH 454, KIN 411, KIN 435, KIN 436 or KIN 467 Choose elective credits (see advisor) 10 Senior Research Project KIN 498 Senior Research Project I 3 KIN 499 Senior Research Project II 3 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 32 Upper Division Credits 36	KIN 370	Motor Learning/Motor Development	3			
KIN 494 Internship 3 3 Select THREE of the Skill/Analysis Courses: Court Sports, Field Sports, Strength Development, Core & Flexibility or Gymnastics & Movement 3 3 Select THREE of the Skill/Analysis Courses: Court Sports, Field Sports, Strength Development, Core & Flexibility or Gymnastics & Movement 3 3 Select Filed Sports, Strength Development, Core & Flexibility or Gymnastics & Movement 3 3 Select Filed Sports, Strength Development, Core & Flexibility or Gymnastics & Movement 3 3 Select Filed Sports, Strength Development, Core & Flexibility or Gymnastics & Movement 3 3 Select Filed Sports, Strength Development, Core & Flexibility or Gymnastics & Movement 3 3 Select Filed Sports, Strength Development 5 Select Filed Sports, Strength Gymnastics & Movement 3 3 Select Filed Sports, Strength Gymnastics & Movement 4 Select Filed Sports, Strength Development 5 Select Filed Sports, Strength Develop	KIN 381	Tests and Measurements	3			
KIN 261, 262, 267, 268, 269 Select THREE of the Skill/Analysis Courses: Court Sports, Field Sports, Strength Development, Core & Flexibility or Gymnastics & Movement KIN 362 Biomechanics XIN 434 Exercise Prescription XIN 494 Internship in Kinesiology XIN 425 Ethical Decision Making Select FIVE (5) credits from the following selectives: 5 HLTH 248, HLTH 343, HLTH 454, KIN 411, KIN 435, KIN 436 or KIN 467 Choose elective credits (see advisor) Senior Research Project XIN 498 Senior Research Project I XIN 499 Senior Research Project II 3 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 13 34 35 36 37 38 38 39 30 30 30 31 31 32 33 34 35 36 36 36	KIN 486	Organization/Administration of HPER	3			
Field Sports, Strength Development, Core & Flexibility or Gymnastics & Movement KIN 362 Biomechanics XIN 434 Exercise Prescription XIN 494 Internship in Kinesiology XIN 425 Ethical Decision Making Select FIVE (5) credits from the following selectives: 5 HLTH 248, HLTH 343, HLTH 454, KIN 411, KIN 435, KIN 436 or KIN 467 Choose elective credits (see advisor) Senior Research Project KIN 498 Senior Research Project I XIN 499 Senior Research Project II 3 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 12 Upper Division Credits 32 Upper Division Credits 33 AB AB AB AB AB AB AB AB AB	KIN 494	Internship	3			
KIN 434 Exercise Prescription 3 KIN 494 Internship in Kinesiology 3 KIN 425 Ethical Decision Making 3 Select FIVE (5) credits from the following selectives: 5 HLTH 248, HLTH 343, HLTH 454, KIN 411, KIN 435, KIN 436 or KIN 467 Choose elective credits (see advisor) 10 Senior Research Project KIN 498 Senior Research Project I 3 KIN 499 Senior Research Project II 3 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 36		Field Sports, Strength Development, Core & Flexibility or	3			
KIN 494 Internship in Kinesiology 3 KIN 425 Ethical Decision Making 3 Select FIVE (5) credits from the following selectives: 5 HLTH 248, HLTH 343, HLTH 454, KIN 411, KIN 435, KIN 436 or KIN 467 Choose elective credits (see advisor) 10 Senior Research Project KIN 498 Senior Research Project II 3 KIN 499 Senior Research Project II 3 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 36	KIN 362	Biomechanics	3			
Ethical Decision Making Select FIVE (5) credits from the following selectives: 5 HLTH 248, HLTH 343, HLTH 454, KIN 411, KIN 435, KIN 436 or KIN 467 Choose elective credits (see advisor) 10 Senior Research Project KIN 498 Senior Research Project II 3 KIN 499 Senior Research Project II 3 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 33 36	KIN 434	Exercise Prescription	3			
Select FIVE (5) credits from the following selectives: HLTH 248, HLTH 343, HLTH 454, KIN 411, KIN 435, KIN 436 or KIN 467 Choose elective credits (see advisor) 10 Senior Research Project KIN 498 Senior Research Project II 3 KIN 499 Senior Research Project II 13 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 36	KIN 494	Internship in Kinesiology	3			
HLTH 248, HLTH 343, HLTH 454, KIN 411, KIN 435, KIN 436 or KIN 467 Choose elective credits (see advisor) 10 Senior Research Project KIN 498 Senior Research Project I 3 KIN 499 Senior Research Project II 3 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 36	KIN 425	Ethical Decision Making	3			
Choose elective credits (see advisor) 10 Senior Research Project KIN 498 Senior Research Project I 3 KIN 499 Senior Research Project II 3 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 36	Select FIVE (5)	credits from the following selectives:	5			
Senior Research Project KIN 498 Senior Research Project I 3 3 3 4 5 5 6 6 6 7 8 7 9 9 7 9 9 7 9 9 7 9 9 7 9 9 9 9 9	HLTH 248, HLT	H 343, HLTH 454, KIN 411, KIN 435, KIN 436 or KIN 467				
KIN 498 Senior Research Project I 3 Senior Research Project II 3 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 36	Choose electiv	re credits (see advisor)	10			
KIN 498 Senior Research Project I 3 Senior Research Project II 3 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 36						
KIN 498 Senior Research Project I 3 Senior Research Project II 3 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 36						
KIN 498 Senior Research Project I 3 Senior Research Project II 3 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 36						
KIN 498 Senior Research Project I 3 Senior Research Project II 3 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 36						
KIN 498 Senior Research Project I 3 Senior Research Project II 3 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 36						
KIN 499 Senior Research Project II 3 Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 36	Senior Research Project					
Integrative Seminar: Ethics and Values Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 36	KIN 498	Senior Research Project I	3			
Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 36	KIN 499	Senior Research Project II	3			
Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 36						
Student does not need this class when transferring with an AA or AS Graduation Requirements Resident Credits 32 Upper Division Credits 36						
Graduation Requirements Resident Credits 32 Upper Division Credits 36	Integrative Se	minar: Ethics and Values				
Resident Credits 32 Upper Division Credits 36	Student does not need this class when transferring with an AA or AS					
Upper Division Credits 36	Graduation Requirements					
	Resident Credits		32			
TOTAL CWI & LC State Credits 120	Upper Division Credits					
	TOTAL CWI & LC State Credits 12					

Complete all required/elective coursework for the AA/AS degree at College of Western Idaho (60 credits minimum).

- This advising guide is based on completion of an Associates degree (AA/AS) in Exercise Science at the College of Western Idaho with additions made to meet lower division requirements.
- Students who transfer without being core complete may need to take additional LC State General Education core courses.
- 32 Residency (LC State) credits required for graduation/36 must be upper division.

8/12/202