

# Exercise Science/Health Occupations 2024-2025

## Advising Guide



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### GENERAL EDUCATION

Course #	Course Title	CR	
<b>Written Communication</b>			
ENGL 101	English Composition I	3	
ENGL 102	English Composition II	3	
<b>Oral Communication</b>			
Students choice from GEM 2		3	
<b>Mathematical Ways of Knowing</b>			
MATH 147	Precalculus	5	
<b>Scientific Ways of Knowing</b>			
BIOL 227/L	Human Anatomy and Physiology 1 with lab	4	
EXHS 270/L	Motor Learning	4	
<b>Humanistic &amp; Artistic Ways of Knowing</b>			
Student choice from GEM 5		3	
Student choice from GEM 5 (must be different discipline than previously selected GEM 5 course)		3 to 4	
<b>Social &amp; Behavioral Ways of Knowing</b>			
PSYC 101	General Psychology	3	
EXHS 155	Health and Wellness	3	
<b>Connecting With Ideas</b>			
CWID 101	Connecting with Ideas	3	
<b>Global Perspectives</b>			
HLTH 280**	Global Health	3	
<b>Additional CWI courses that also meet LC State BA/BS Degree Requirements</b>			
BIOL 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			
<b>CWI TOTAL</b>		<b>67</b>	

Course #	Course Title	CR	
<b>Health &amp; Kinesiology Program with Exercise Science/Health Occupations emphasis</b>			
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, 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	
<b>Senior Research Project</b>			
KIN 498	Senior Research Project I	3	
KIN 499	Senior Research Project II	3	
<b>Integrative Seminar: Ethics and Values</b>			
Student does not need this class when transferring with an AA or AS			
<b>Graduation Requirements</b>			
Resident Credits		32	
Upper Division Credits		36	
<b>TOTAL CWI &amp; LC State Credits</b>		<b>120</b>	

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.