

# Kinesiology (with emphasis in) Exercise Science/Health Occupations 2024-2025

## Advising Guide



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### GENERAL EDUCATION (Quarter Credits)

Course #	Course Title	CR	
<b>Written Communication</b>			
WR 121/122	English Composition	8	
WR 123	English Composition	4	
<b>Oral Communication</b>			
COM 11Z, SP112 or SP219		3	
<b>Mathematics</b>			
Select at least 1 course 100 level or above, in consultation with TVCC advisor		5-Mar	
<b>Science/Math/Computer Science</b>			
BIOL 211 or BIOL 231 & 232	College Biology or Human Anatomy and Physiology	8	
CHEM 104 & 105 or CHEM 221 & 222	Survey of Chemistry (Health) or College Chemistry	8 to 10	
<b>Arts and Letters</b>			
Select at least 3 courses from 2 or more disciplines, in consultation with TVCC advisor		9	
<b>Social Sciences</b>			
Select at least 4 courses from at least two disciplines, in consultation with TVCC advisor		12	
<b>Health/Wellness/Fitness</b>			
HPE 295	Health and Fitness for Life	3	
<b>Cultural Literacy</b>			
Select 1 course, in consultation with TVCC advisor		3 to 4	
<b>Associates Requirements that meet LC State BA/BS Degree Requirements</b>			
Select additional credits to total 60.3, in consultation with TVCC advisor			
<b>Additional TVCC courses that meet LC State BA/BS Degree Requirements</b>			
HPE 131	Intro to P.E. & Health	3	
SOC 231	Human Sexuality	3	
HPE 294	Professional Activities Methods	2	
HPE 259	Intro to Athletic Training I	3	
HPE 260J*	Intro to Athletic Training II	3	
<b>LC State (minimum credit equivalents)</b>		<b>60</b>	
<b>LC State Admissions</b>			
<b>www.lsc.edu/admissions or (208) 792-2378 admissions@lsc.edu</b>			

### PROGRAM REQUIREMENTS ( Semester Credits)

Course #	Course Title	CR	
<b>Integrative Seminar: Ethics &amp; Values</b>			
Student does not need this class when transferring with an AA or AS			
<b>Major Courses</b>			
The following courses are required for ALL Kinesiology emphasis areas:			
HLTH/KIN 272	Fitness & Wellness	3	
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 Measurement	3	
KIN 486	Organization & Administration of HPER	3	
KIN 498	Senior Research Project I	3	
KIN 499	Senior Research Project II	3	
Select two of the following Skill/Analysis courses: KIN 261, KIN 262, KIN 267, KIN 268, or KIN 269			
KIN 220 OR KIN 425	Social-Cultural Aspects of Sports OR Decision-Making for Sport Leaders	Ethical	3
HLTH 248 or HLTH 247	Behavior Change or Stress Management		1
<b>Emphasis Area</b>			
HLTH 253	Nutrition	3	
KIN 248		3	
KIN 362	Biomechanics	3	
KIN 363	Physiology of Exercise	3	
KIN 434	Exercise Prescription	3	
KIN 494	Internship: Exercise Science	3	
Select eight (8) credits from the following:			
HLTH 248, HLTH 343, HLTH 453, HLTH 454, KIN 411, KIN 435, KIN 436, KIN 467			
*TVCC courses HPE 259 + HPE 260J count as one of the required courses in the emphasis area.			
<b>General Electives</b>			
Electives		5	
<b>Graduation Requirements</b>			
Resident Credits		32	
Upper Division Credits		36	
<b>TOTAL TVCC &amp; LC State Credits</b>		<b>120</b>	

Complete all required/elective coursework for the AAOT degree at Treasure Valley Community College (90 quarter credits minimum).

- This advising guide is based on completion of an Associate's of Arts Oregon Transfer (AAOT) degree at Treasure Valley Community College with additions made to meet lower division requirements.
- Courses used to fulfill specific general education core requirements cannot be double-counted to fulfill LC State program requirements.
- 32 Residency (LC State) credits required for graduation/36 must be upper division.
- The "X" in the LC State column indicates the class was likely transferred if student chose TVCC elective.

At TVCC a minimum grade of "C-" is required for Gen Ed courses and a minimum 2.0 GPA is required to qualify for Associate's Degree.