Transfer Agreement
Between
Rose State College
and
University of Central Oklahoma

Effective Academic Year: 2014-2015

Associate in Science in Health and Sports Sciences-Personal Trainer

and

Bachelor of Science Kinesiology-Exercise/Fitness Management

Elizabeth Brown, Professor Health and Sports Science (HSS)
Date: 5/29/14

Monique Bruner, Interim Dean Social Sciences Division
Date: 5/29/14

Dr. Frances Hendrix
Vice President for Academic Affairs
Date: 5/30/14

Dr. Debra Traywick, Chair KHS
Date:

Dr. Jim Machell, Dean CEPS
Date: 4/11/14

Dr. John Barthell, Provost
Vice President for Academic Affairs
Date: 16 APRIL, 2014
Transfer Agreement
Rose State College: A.S. in Health and Sports Sciences-Personal Trainer Option
University of Central Oklahoma: B.S. Kinesiology – Exercise/Fitness Management
Major Code: 3120

Rose State College Courses
General Education as stated in RSC Catalog
ENGL 1113 English Composition I
ENGL 1213 English Composition II
HIST 1493 U.S. History since 1877 or
HIST 1483 U.S. History to 1877
POLS 1113 American Federal Government
CHEM 1114
Life Science
MATH 1473 General College Math or
MATH 1513 College Algebra
SPCH 1213 Fundamentals of Speech
HUMANATIES 6 HRS.

UCO requirement
ENG 1113 English Composition
ENG 1213 English Composition and Research
HIST 1493 History of the U.S. since 1877 or
HIST 1483 History of the U.S. to 1877
POL 1113 American National Government
CHEM 1014 Introduction Chemistry and Lab

MATH 1113 Math for General Ed or
MATH 1513 College Algebra
MCOM 1113 Fundamentals of Speech
RSC A.S. degree completes UCO University Core.

HPER 1113 First Aid/First Responder
HPER 1202 Health and Wellness
HPER 1213 Introduction to Health and Sports Sciences
HPER 1222 Concepts of Fitness
HPER 1391 Weight/Resistance Training
HPER 2612 Legal Aspects of Health and Sports Sciences

HPER 2623 Physiology of Exercise

HPER 2633 Principles of Personal Training
HPER 2643 Applied Anatomy
HPER 2333 Sports Nutrition
Total 62 hours

To be taken at the University of Central Oklahoma.................................62

Kinesiology - Exercise/Fitness Management ..............................................55
Required Core.........................................................................................15
Required Courses:
  HLTH 4103 Human Development
**KINS 3403 Principles in Leadership Development

HLTH 2212 First Aid with Cardio Resuscitation
HLTH 1112 Healthy Life Styles
KINS 2643 Intro to Kinesiology Studies
PHED 1402 Fitness Development and Assessment
PHED 1161 Weight Training
KINS 4252 Legal Aspects of Leisure Services and Fitness Programs
PHED 3503 Physiology of Exercise

PHED Elective
HLTH 3223 Applied Anatomy
HLTH 3413 Nutrition for Sport and Fitness.
Required Activity......................................................1

Required Theory .....................................................32

KINS 3623 Program Design and Management
KINS 3713 Research and Evaluation
KINS 4433 Management Principles

Required Theory .....................................................32

KINS 4263 Performance Training Concepts
KINS 4323 Exercise Programming for Special Populations
KINS 4413 Applied Exercise Physiology
KINS 4513 Fitness Assessment
KINS 4523 Exercise Prescription
KINS 4900 Practicum in Kinesiology and Health Studies
(1 hour)

KINS 4900 Practicum in Kinesiology and Health Studies
(1 hour)

KINS 4950 Internship in Kinesiology and Health Studies
(4 hours)

PHED 3333 Mechanical Principles and Analysis of Movement
REC 3513 Facility Management

* To be taken concurrently
** To be taken concurrently
^ Must be completed to enroll in the internship

Required Theory (Supporting Fields).........................3

CMSC 1053 Professional Computer Applications and Problem Solving

Major Electives — ....................................................4

Selected from the following courses:

HLTH 3263 Consumer Health and Media Advocacy
HLTH 3403 Leadership and Ethics in Health Education
HLTH 3453 Group Dynamics
HLTH 4523 Health and Aging
KINS 3503 Pharmacology for the Health/Fitness Professional
KINS 3632 Grant Writing and Fundraising
KINS 4910 Seminar in Kinesiology and Health Studies
(1-4 hours)

PHED 4442 Motor Learning
REC 2433 Outdoor Pursuits
REC 4363 Therapeutic Recreation

Electives to bring total to ..........................................124

Minimum Grade Requirements
1. Average in all college course work and course work at UCO........2.00
2. In courses in the major............................................C