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)  
2/4/15  
Date  

Dr. Debra Traywick, Chair  
KHS  
11/20/14  
Date  

Dr. Jilanita Ortiz, Dean  
Social Sciences Division  
2/3/15  
Date  

Dr. Jim Machell, Dean  
CEPS  
1.7.15  
Date  

Dr. Frances Hendrix  
Vice President for Academic Affairs  
2/4/15  
Date  

Dr. John Barthea, Provost  
Vice President for Academic Affairs  
19 Dec, 2014  
Date
# 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 Science 3 hours
- MATH 1473 General College Math **or**
- MATH 1513 College Algebra
- SPCH 1213 Fundamentals of Speech
- HUMANATIES 6 HRS.

## UCO requirement

- ENGL 1113 English Composition
- ENGL 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.

<table>
<thead>
<tr>
<th>Rose State College Courses</th>
<th>UCO requirement</th>
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<tbody>
<tr>
<td>HPER 1113 First Aid/First Responder</td>
<td>HLTH 2212 First Aid with Cardio Resuscitation</td>
</tr>
<tr>
<td>HPER 1202 Health and Wellness</td>
<td>HLTH 1112 Healthy Life Styles</td>
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<tr>
<td>HPER 1213 Introduction to Health and Sports Sciences</td>
<td>KINS 2643 Intro to Kinesiology Studies</td>
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<tr>
<td>HPER 1222 Concepts of Fitness</td>
<td>PHED 1402 Fitness Development and Assessment</td>
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<tr>
<td>HPER 1391 Weight/Resistance Training</td>
<td>PHED 1161 Weight Training</td>
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<tr>
<td>HPER 2612 Legal Aspects of Health and Sports Sciences</td>
<td>KINS 4252 Legal Aspects of Leisure Services and Fitness Programs</td>
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<tr>
<td>HPER 2623 Physiology of Exercise</td>
<td>PHED 3503 Physiology of Exercise</td>
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<tr>
<td>HPER 2633 Principles of Personal Training</td>
<td>PHED Elective</td>
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<tr>
<td>HPER 2643 Applied Anatomy</td>
<td>HLTH 3223 Applied Anatomy</td>
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<tr>
<td>HPER 2333 Sports Nutrition</td>
<td>HLTH 3413 Nutrition for Sport and Fitness.</td>
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<td>Total 62 hours</td>
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## Kinesiology - Exercise/Fitness Management

### Required Core

- **Required Courses:**
  - HLTH 4103 Human Development
  - KINS 3403 Principles in Leadership Development
  - KINS 3623 Program Design and Management
  - Total 55 HRS.
KINS 3713 Research and Evaluation
*KINS 4433 Management Principles

Required Activity

Required Theory

HLTH 3493 Physical Treatment of Athletic Injuries
KINS 3112 Group Exercise Techniques
*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)

CMSC 1053 Professional Computer Applications and Problem Solving

Major Electives

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

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

For other regulations pertaining to graduation, see the UCO 2014-2015 Undergraduate Catalog.