Transfer Agreement
Between
Rose State College
and
University of Central Oklahoma

Effective Academic Year: 2015-2016

Associate in Science in Health and Sports Sciences-Personal Trainer Certificate

and

Bachelor of Science Kinesiology-Exercise/Fitness Management

Elizabeth Brown, Professor Health and Sports Science (HSS)
Date 2/25/16

Dr. Debra Traywick, Chair
KHS
Date 11/29/16

Dr. Juanita Ortiz, Dean
Social Sciences Division
Date 1/24/16

Dr. Jim Machell, Dean
CEPS
Date 1/09/16

Dr. Frances Hendrix
Vice President for Academic Affairs
Date 3/11/16

Dr. John Barthell, Provost
Vice President for Academic Affairs
Date 3 February 2016
Transfer Agreement
Rose State College: A.S. in Health and Sports Sciences-Personal Trainer Certificate
and
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.

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 .................................................. 61
Required Core ............................................................................................ 15
Required Courses:
HLTH 4103 Human Development
+* KINS 3403 Principles in Leadership Development
* KINS 3623 Program Design and Management
+ KINS 3713 Research and Evaluation
* KINS 4433 Management Principles
Required Theory ....................................................................................... 38
HLTH 3499 Physical Treatment of Athletic Injuries
KINS 2713 Physical Activity & Health

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.

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.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>#KINS 3112</td>
<td>Group Exercise Techniques</td>
</tr>
<tr>
<td>#KINS 4203</td>
<td>Physical Activity and Aging</td>
</tr>
<tr>
<td>#KINS 4263</td>
<td>Performance Training Concepts</td>
</tr>
<tr>
<td>#KINS 4323</td>
<td>Exercise Programming for Special Populations</td>
</tr>
<tr>
<td>#KINS 4413</td>
<td>Applied Exercise Physiology</td>
</tr>
<tr>
<td>#KINS 4513</td>
<td>Fitness Assessment</td>
</tr>
<tr>
<td>#KINS 4523</td>
<td>Exercise Prescription</td>
</tr>
<tr>
<td>#KINS 4900</td>
<td>Practicum in Kinesiology and Health Studies (1 hr)</td>
</tr>
<tr>
<td>+**KINS 4900</td>
<td>Practicum in Kinesiology and Health Studies (1 hr)</td>
</tr>
<tr>
<td>KINS 4950</td>
<td>Internship in Kinesiology and Health Studies (4 hrs)</td>
</tr>
<tr>
<td>+PHED 3333</td>
<td>Mechanical Principles and Analysis of Movement</td>
</tr>
<tr>
<td>REC 3513</td>
<td>Facility Management</td>
</tr>
</tbody>
</table>

Required Theory (Supporting Fields) ........................................ 4

+CHEM 1014 | Introduction Chemistry and Lab                    |
+CHEM 1014L| Introduction Chemistry Lab                        |

* To be taken concurrently
** To be taken concurrently
^ Must be completed to enroll in the internship
+ Must be taken prior to admission into the program with a minimum 2.5 average.
# Admission into the Exercise/Fitness Management major required.

** Major Electives - Selected from the following courses ........................ 4

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLTH 3263</td>
<td>Consumer Health and Media Advocacy</td>
</tr>
<tr>
<td>HLTH 3403</td>
<td>Leadership and Ethics in Health Education</td>
</tr>
<tr>
<td>HLTH 3453</td>
<td>Group Dynamics</td>
</tr>
<tr>
<td>HLTH 4523</td>
<td>Health and Aging</td>
</tr>
<tr>
<td>KINS 3503</td>
<td>Pharmacology for the Health/Fitness Professional</td>
</tr>
<tr>
<td>KINS 3632</td>
<td>Grant Writing and Fundraising</td>
</tr>
<tr>
<td>KINS 4910</td>
<td>Seminar in Kinesiology and Health Studies (1-4 hours)</td>
</tr>
<tr>
<td>PHED 4442</td>
<td>Motor Learning</td>
</tr>
<tr>
<td>REC 2433</td>
<td>Outdoor Pursuits</td>
</tr>
<tr>
<td>REC 4363</td>
<td>Therapeutic Recreation</td>
</tr>
</tbody>
</table>

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

Admission to the Major:
The student must apply for the Exercise & Fitness Management program by submitting the application and transcript to the Kinesiology & Health Studies Office on or before the last Friday of January for fall admission and the second Friday of September for spring admission. Students will be notified eight to ten weeks after the filing date as to the disposition of the application.

**Minimum Grade Requirements**

1. Average in all college course work and course work at UCO ....... 2.00
2. In courses in the major .................................................... 2.50

For other regulations pertaining to graduation, see the UCO 2015-2016 Undergraduate Catalog.