Transfer Agreement
Between
Rose State College
and
University of Central Oklahoma

Effective Academic Year: 2017-2018

Associate in Science in Health and Sports Sciences- Exercise Fitness Management
To
Bachelor of Science in Kinesiology-Exercise Fitness Management

Associate in Science in Health and Sports Sciences-Personal Trainer
To
Bachelor of Science in Kinesiology-Exercise Fitness Management

Associate in Science in Health and Sports Sciences-Health, Physical Education, and Recreation
To
Bachelor of Science in Education-Physical Education/Health

Elizabeth Brown, Professor Health and Sports Science (HSS)

Date

Dr. Juanita Ortiz, Dean
Social Sciences Division

Date

Dr. Frances Hendrix
Vice President for Academic Affairs

Date

Dr. Debra Traywick, Chair
KHS

Date

Dr. Jim Machell, Dean
CEPS

Date

Dr. John Bartell, Provost
Vice President for Academic Affairs

Date
Transfer Agreement
Rose State College: A.S. in Health and Sports Sciences-Exercise Fitness Management
University of Central Oklahoma: B.S. Kinesiology – Exercise/Fitness Management

To comply with this agreement, students must complete the associate’s degree with the major listed above and include the specific courses listed below.

Courses listed here are required for the agreement. Credited courses completed as part of the A.A. or A.S. that do not apply to the general education at RSC or the UCO major transfer to UCO as electives.

**RSC**

General Education requirements
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 2612 Legal Aspects of Health and Sports Sciences

HPER 2333 Sports Nutrition
HPER 2702 Health and Sports Science Practicum

HPER 2643 Applied Anatomy
HPER 2623 Physiology of Exercise

**UCO**

University Core completed with A.A or A.S.
HLTH  2212 First Aid with Cardio Resuscitation
HLTH  1112 Healthy Life Styles
KINS 2643 Intro to Kinesiology
PHED 1402 Fitness Development and Assessment
KINS 4252 Legal Aspects of Leisure Services and Fitness Programs
HLTH 3413 Nutrition for Sport and Fitness
KINS 4900 Practicum Kinesiology Health Studies (Departmental Substitution)
HLTH 3223 Applied Anatomy
PHED 3503 Physiology of Exercise

This degree requires additional course work as stated in the RSC Catalog. Other Rose State courses may or may not apply to the UCO major. That specific information can be found on the UCO website under Transfer Students, Online Transfer Guides.

Total at Rose State College.................................................................60-64

To be taken at the University of Central Oklahoma....................................60-64

**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  3493 Physical Treatment of Athletic Injuries
KINS  2713 Physical Activity & Health
^KINS 3112 Group Exercise Techniques
^KINS  4203 Physical Activity and Aging
/^KINS  4263 Performance Training Concepts
Exercise Programming for Special Populations
Applied Exercise Physiology
Fitness Assessment
Exercise Prescription
Practicum in Kinesiology and Health Studies (1 hr)
Practicum in Kinesiology and Health Studies (1 hr)
Internship in Kinesiology and Health Studies (4 hrs)
Mechanical Principles and Analysis of Movement
Facility Management
Introduction to Chemistry and Lab
Introduction to 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

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 3633 Grant Writing and Fundraising
KINS 4910 Seminar in Kinesiology and Health Studies 1-4 hours
PHE 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 ............................................................. 2.50

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.

Program-to-Program Transfer policies are available in the Introduction for Program-to-Program Agreements on the UCO website at the top of the list of agreements. Links to the agreements can be found on the Academic Affairs or Transfer Student Support web pages.
Transfer Agreement
Rose State College: A.S. in Health and Sports Sciences-Personal Trainer
University of Central Oklahoma: B.S. Kinesiology – Exercise/Fitness Management

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HPER 1202 Health and Wellness
HPER 1213 Introduction to Health and Sports Sciences
HPER 1222 Concepts of Fitness
HPER 2612 Legal Aspects of Health and Sports Sciences
HPER 2623 Physiology of Exercise
HPER 2643 Applied Anatomy
HPER 2333 Sports Nutrition

UCO
University Core completed with A.A or A.S.
HLTH 2212 First Aid with Cardio Resuscitation
HLTH 1112 Healthy Life Styles
KINS 2643 Intro to Kinesiology Studies
PHED 1402 Fitness Development and Assessment
KINS 4252 Legal Aspects of Leisure Services and Fitness Programs
PHED 3503 Physiology of Exercise
HLTH 3223 Applied Anatomy
HLTH 3413 Nutrition for Sport and Fitness

This degree requires additional course work as stated in the RSC Catalog. Other Rose State courses may or may not apply to the UCO major. That specific information can be found on the UCO website under Transfer Students, Online Transfer Guides.

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To be taken at the University of Central Oklahoma................................60-64
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Required Core ..................................................................................15
Required Courses:
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\*\*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 3493 Physical Treatment of Athletic Injuries
KINS 2713 Physical Activity & Health
KINS 3112 Group Exercise Techniques
KINS 4203 Physical Activity and Aging
\#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 hr)
\*\*\*KINS 4900 Practicum in Kinesiology and Health Studies (1 hr)
#KINS 4950 Internship in Kinesiology and Health Studies (4 hrs)
+PHED 3333 Mechanical Principles and Analysis of Movement
RSC 3513 Facility Management
Required Theory (Supporting Fields)............................................4
+CHEM 1014 Introduction to Chemistry and Lab (May be taken at RSC)
+CHEM 1014L Introduction to Chemistry Lab

* To be taken concurrently
** To be taken concurrently
^ Must be completed to enroll in the internship
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(1-4 hours)
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Electives to bring total to ..........................................................124

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Transfer Agreement

Rose State College: A.S. in Health and Sports Sciences-Health, Physical Education and Recreation
University of Central Oklahoma: B.S. Ed. Physical Education-Health

To comply with this agreement, students must complete the associate’s degree with the major listed above and include the specific courses listed below.

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<tbody>
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<td>General Education requirements</td>
<td>University Core completed with A.A or A.S.</td>
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<tr>
<td>ENG 1113 English Composition I</td>
<td>ENG 1113 English Composition</td>
</tr>
<tr>
<td>ENG 1213 English Composition II</td>
<td>ENG 1213 English Composition and Research</td>
</tr>
<tr>
<td>MCOM 1213 Public Speaking</td>
<td>MCOM 1113 Fundamentals of Speech</td>
</tr>
<tr>
<td>HPER 1113 First Aid/First Responder</td>
<td>HLTH 2212 First Aid with Cardio Resuscitation</td>
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<tr>
<td>HPER 1202 Health and Wellness</td>
<td>HLTH 1112 Healthy Life Styles</td>
</tr>
<tr>
<td>HPER 1213 Introduction to Health and Sports Science</td>
<td>PHED 2013 Intro. to Physical Ed/Health</td>
</tr>
<tr>
<td>HPER 1222 Concepts of Fitness</td>
<td>PHED 1402 Fitness Development and Assessment</td>
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The three RSC courses listed immediately below are not required to be taken at RSC. They are recommended.

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<tr>
<td>HPER 2643 Applied Anatomy</td>
<td>HLTH 3223 Applied Anatomy</td>
</tr>
<tr>
<td>HPER 2503 Health Concepts for Children</td>
<td>HLTH 2113 Introduction to PK-12 Health</td>
</tr>
<tr>
<td>HPER 2623 Physiology of Exercise</td>
<td>PHED 3503 Physiology of Exercise</td>
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Total at Rose State College.................................................................60-64

To be taken at the University of Central Oklahoma......................................60-64

Major Requirements

Physical Education/Health.................................................................40
Required Theory.................................................................34
    HLTH 2113 Introduction to PK-12 Health (May be taken at RSC.)
    HLTH 3103 Teaching PK-12 Health Concepts
    HLTH 3223 Applied Anatomy (May be taken at RSC.)
HLTH 3493  Physical Treatment of Athletic Injuries
PHED 3023  Adapted Physical Education
PHED 3192  Instructional Techniques for Movement
PHED 3303  Physical Education in the Elementary School
PHED 3333  Mechanical Principles and Analysis of Movement
PHED 3503  Physiology of Exercise (May be taken at RSC.)
PHED 3522  Fitness Applications for Physical Education
PHED 3533  Measurement and Evaluation of Health and Physical Education
PHED 4443  Motor Learning and Development

Required Activity ................................................................................. 6

PHED 1432  Techniques of Teaching Skills & Activities I
PHED 1462  Techniques of Teaching Skills & Activities II
PHED 2792  Rhythmic Movements for PK-12

Professional Education ....................................................................... 28
PTE 1010  Introduction to Teacher Education
PTE 3023  Foundations of American Education/Clinical Exp
PTE 3163  Developmental Psychology
^PHED 4303  Methods of Teaching Physical Education in Secondary Schools
TESL 4222  Teaching ELL in Grades PreK-8 OR
TESL 4232  Teaching Secondary ELLs
^PTE 4172  Educational Assessment
^PTE 4533  Educational Psychology/Clinical Experience
^#PTE 4811  Contemporary Issues
^#PTE 4848  Internship/Student Teaching PK-12
^#PTE 4853  Classroom Management and Instruction

^ Admission to Teacher Education required
#To be taken the same semester

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

Minimum Graduation Requirements
1. Overall GPA in all college course work ....................................... 2.75
2. Courses in English Composition, Fundamentals of Speech, Professional Education, and area of specialization (major) .... “C”
3. Proficiency in foreign language ............................................... Novice 4 level