

Associate in Arts (AA) to BS in Health Fitness Specialist

ECU Course                      ECU S.H.                      NCCCS Course Equivalent

Freshman Year at Community College			
Fall Semester	COAD 1xxx	1	ACA 122
	ENGL 1100 (WI)	3	ENG 111
	BIOL 1050/1051 or 1100/1101	4	BIO 110 or 111
	PSYC 1000	3	PSY 150
	KINE 1000	1	PED 110
	<b>Total:</b>	<b>12</b>	
Spring Semester	CHEM 1020 or 1150/1151	4	CHM 135 or 151
	MATH 1065	3	MAT 171
	HLTH 1000	2	HEA 110
	Humanities/Fine Arts	3	<a href="#">UGETC Courses</a>
	KINE 1101	1	PED 111 (1-hr PED)
	<b>Total:</b>	<b>13</b>	
Sophomore Year at Community College			
Fall Semester	ENGL 2201	3	ENG 112
	BIOL 2130 or 2150/2151	4	BIO 163 or 166
	MIS 2223	3	CIS 110
	Social Science	3	<a href="#">UGETC Courses</a>
	Humanities/Fine Arts	3	<a href="#">UGETC Courses</a>
	<b>Total:</b>	<b>16</b>	
Spring Semester	PHYS 1250/1251	4	PHY 151
	PSYC 3206	3	PSY 241
	COMM 2410	3	COM 231
	Social Science	3	<a href="#">UGETC Courses</a>
	KINE 1114	1	PED 113 (1-hr PED)
	CAA Premajor/Elective	3	CAA Premajor/Elective
	<b>Total:</b>	<b>17</b>	
Junior Year at East Carolina University			
Fall Semester <sup>2</sup>	KINE 2000	3	No Equivalent
	KINE 2202	3	No Equivalent
	KINE 2850	1	No Equivalent
	HLTH 2220/2221	3	No Equivalent
	NUTR 2105	3	No Equivalent
	HLTH/ATEP Elective <sup>1</sup>	3	No Equivalent
	<b>Total:</b>	<b>16</b>	
Spring Semester	KINE 3850	3	No Equivalent
	KINE 3805/3806	4	No Equivalent
	KINE 3880/3881	3	No Equivalent
	KINE Elective (3000 or higher) <sup>1</sup>	3	No Equivalent
	KINE 3800/3801	4	No Equivalent
	<b>Total:</b>	<b>17</b>	
Summer Session	KINE Elective	3	No Equivalent
	<b>Total:</b>	<b>3</b>	
Senior Year at East Carolina University			
Fall Semester	KINE 4850	3	No Equivalent
	KINE 4806/4805	4	No Equivalent
	HLTH 4200	3	No Equivalent
	KINE 4020	3	No Equivalent
	KINE 4030	3	No Equivalent
	KINE 4801	1	No Equivalent
	<b>Total:</b>	<b>17</b>	
Spring Semester	KINE 4800	12	No Equivalent
	<b>Total:</b>	<b>12</b>	

Minimum S.H. Required for Degree      125

The health fitness specialist program provides competencies and knowledge for students to develop and conduct health and fitness programs in commercial, corporate, clinical and community settings, and is endorsed by the National Strength and Conditioning Association. A minimum cumulative 2.0 GPA is required for admission as well as successful completion of the majors' fitness test. Students must have nine semester hours of writing intensive credit from Foundations Curriculum. A minimum grade of C- (1.7) in all KINE courses is required to complete the degree.

<sup>1</sup>Elective courses may have prerequisites.

<sup>2</sup>Students must pass a fitness test to declare this major.

*All guides are meant as an example of how a degree can be completed. However, individual plans will be developed for each student in consultation with the academic advisor. Course availability, prior credit, course prerequisites, major requirements, and student needs must be considered in developing the individual academic pathway.*

[Please visit the Health & Human Performance Academic Advising Center site for the most updated transfer information.](#)