



Associate in Arts (AA) to BS Health Fitness Specialist

The sequence below is contingent on the student completing the AA degree from a college in the North Carolina Community College System.

	ECU Course	ECU S.H.	NCCS S.H.	NCCCS Course Equivalent
Freshman Year				
Fall Semester	COAD 1xxx	1	1	ACA 122
	ENGL 1100 (WI) ¹	3	3	ENG 111
	Natural Sciences <i>BIOL 1050/1051 or 1100/1101 Rec.</i>	4	4	UGETC Course <i>BIO 110 or BIO 111</i>
	Math <i>MATH 1065 Rec.</i>	4	4	UGETC Course <i>MAT 171</i>
	Social Science <i>PSYC 1000 Rec.</i>	3	3	UGETC Course <i>PSY 150</i>
	Total:	15	15	
Spring Semester	Humanities/Fine Arts <i>Global Diversity Rec.³</i>	3	3	UGETC Course
	CAA GEN ED <i>MIS 2223 or MATH 2283 Rec.</i>	3 or 4	3 or 4	CAA GEN ED <i>CIS 110 (3 s.h.) or MAT 152 (4 s.h.)</i>
	CAA Premajor/Elective <i>CHEM 1020 or 1150/51 Rec.</i>	4	4	CAA Premajor/Elective <i>CHM 135 or 151</i>
	CAA Premajor/Elective <i>HLTH 1000/KINE 1000 Rec.²</i>	3	3	CAA Premajor/Elective <i>HEA 110²</i>
	CAA Premajor/Elective	2	2	CAA Premajor/Elective
	Total:	15 or 16	15 or 16	
Sophomore Year				
Fall Semester	ENGL 2201 (WI) ¹	3	3	ENG 112
	Social Science <i>Domestic Diversity Rec.³</i>	3	3	UGETC Course
	Humanities/Fine Arts <i>COMM 2410 Rec.</i>	3	3	UGETC Course <i>COM 231</i>
	CAA GEN ED <i>PHYS 1250/51 Rec.</i>	4	4	CAA GEN ED <i>PHY 151</i>
	CAA GEN ED	2 or 3	2 or 3	CAA GEN ED
	Total:	15 or 16	15 or 16	
Spring Semester	Humanities/Fine Arts	3	3	UGETC Course
	Social Science	3	3	UGETC Course
	CAA GEN ED <i>PSYC 3206 Rec.</i>	3	3	CAA GEN ED <i>PSY 241</i>
	CAA Premajor/Elective <i>BIOL 2130/31 Rec.</i>	5	5	CAA Premajor/Elective <i>BIO 163</i>
	Total:	14	14	
Junior Year				
Fall Semester	KINE 1101	1	-	No Equivalent
	KINE 2000	3	-	No Equivalent
	KINE 2202	3	-	No Equivalent

	KINE 2850	1	-	No Equivalent
	KINE Electives	3	-	No Equivalent
	HLTH 2220	3	-	No Equivalent
	Total:	14	0	
Spring Semester	KINE 1114	1	-	No Equivalent
	KINE 3800/3801	3	-	No Equivalent
	KINE 3805/3806	4	-	No Equivalent
	KINE 3850	3	-	No Equivalent
	NUTR 1000 or 2105	3	-	No Equivalent
	Total:	14	0	
Senior Year				
Fall Semester	ATEP/HLTH Restricted Elective ⁴	3	-	No Equivalent
	KINE 3880/3881	3	-	No Equivalent
	KINE 4020	3	-	No Equivalent
	KINE 4030	3	-	No Equivalent
	KINE Elective	1	-	No Equivalent
	Total:	13	0	
Spring Semester	HLTH 4200	3	-	No Equivalent
	KINE Elective above 2999	3	-	No Equivalent
	KINE 4801	1	-	No Equivalent
	KINE 4805/4806 (WI) ¹	4	-	No Equivalent
	KINE 4850	3	-	No Equivalent
	Total:	14	0	
Supplemental Term				
Summer	KINE 4800	12	-	No Equivalent
	Total:	12	0	

Minimum S.H. Required for Degree 125

The Bachelor of Science in Health Fitness Specialist requires a minimum of 125 semester hours. ECU requires a minimum 2.0 overall GPA and a minimum 2.0 major GPA for graduation. A minimum grade of C- (1.7) in all KINE courses is required to complete the degree. A minimum cumulative 2.0 GPA is required for admission as well as successful completion of the majors' fitness test.

¹Students enrolling at ECU must fulfill the writing across the curriculum requirement prior to graduation. To do so, each student must complete a minimum of 12 semester hours of writing intensive (WI) courses, including ENGL 1100 and ENGL 2201; at least 3 semester hours of WI courses in the major; and any other 3 semester hours WI course of the student's choice.

²Students who have successfully completed HEA 110 since the Fall 2016 term will earn ECU credit for both HLTH 1000 (2 hours) and KINE 1000 (1 hour). Students who completed HEA 110 prior to the Fall 2016 term and who have not also taken PED 110 will be responsible for meeting the Health-Related Physical Activity Competency component of the ECU General Education Program to meet degree requirements.

³Students enrolling at ECU are required to complete two three-hour diversity courses: one course with a domestic diversity (DD) focus and one with a global diversity (GD) focus. Courses that transfer to ECU as equivalent to an ECU course that is approved for diversity credit receive diversity credit. Transfer courses that are not equivalent to existing ECU diversity courses may be approved for diversity credit by the General Education and Instructional Effectiveness Committee. For a list of ECU courses that carry the DD and GD designation, visit the ECU catalog: <https://catalog.ecu.edu>

⁴Choose 3 s.h. from the following: ATEP 2800, 3350; HLTH 2125/26, 3002, 3010, 3020, 3050, 5900.

This plan reflects the degree program's requirements published in the 2018-2019 university catalog. All guides are meant as an example of how a degree can be completed. Course availability, prior credit, course prerequisites, major requirements, and student needs must be considered in developing an individual academic pathway.

Key:

UGETC - Universal General Education Transfer Component courses

CAA GEN ED - Additional General Education Hours (AA requires 13-14 hours; AS requires 11 hours)

Pre-Major/Elective - Courses classified as pre-major, electives, or general education courses within the CAA, of which ACA 122 is required