



Baccalaureate Degree Plan

NCCCS Associate in Arts *or* Associate in Science
transfer to
East Carolina University, **BS Exercise Physiology**

The Exercise Physiology, BS program provides competencies and knowledge in the field of exercise physiology.

Graduates of the program are prepared to pursue further academic training in

- exercise physiology,
- physical therapy,
- medicine, and
- other allied health careers.

For admission, students are required to have

- a minimum cumulative 2.75 GPA and
- 32 hours of general education

A minimum grade of C (2.0) is required in BIOL 1150, BIOL 1151 or BIOL 1100, BIOL 1101; CHEM 1150, CHEM 1151; ENGL 1100, ENGL 2201; MATH 1065.

As a transfer student, it is important to contact an ECU Academic Advisor, hpadvising@ecu.edu, as soon as possible.

An example of how to plan your first 2 years of the traditional 4 years of study is included at the end of this document.

Optional/Recommended courses to take at a North Carolina Community College:

BIO 111	CHM 151	ENG 111	MAT 152
BIO 155	CHM 152	ENG 112	MAT 171
BIO 168	CHM 132 or CHM 251		
BIO 169		HEA 110	PHY 151
			PSY 150
<i>If interested in completing the Exercise as Medicine Concentration, can also take →</i>	BIO 112 or PSY 241	BIO 175 or PHY 152	BIO 250 or CHM 252

- Other courses to complete an AA or AS are student's choice; no other current department recommendations. Other equivalent courses may be listed in the degree requirements.
- Completion of an approved NCCCS AA or AS waives the General Education requirement. For more information about the waiver, click [here](#).
- For more information about General Education Core Requirements at ECU, and a list of specific course options, click [here](#).
- You do not have to complete all NCCCS equivalents or recommended courses before transferring. However, taking minimal recommendations may prolong your time to degree at ECU.

Degree Requirements

General Education Requirements

40 semester hours credit required; completion of an AA or AS should complete this requirement.

Competency	Semester Hour Credits Required	Notes
Written Communication	6	<i>ENG 111 and ENG 112 should be taken at the community college to satisfy this competency.</i>
Humanities & Fine Arts	9	<i>At least one class should be labeled as Humanities (HU) and one should be labeled as Fine Arts (FA).</i>
Social Sciences	9	<i>NCCCS HIS courses are not considered a social science at ECU.</i>
Natural Sciences	7	<i>One course must include a lab.</i>
Mathematics	3	<i>Choose MAT 171.</i>
Health Promotion and Health-Related Physical Activity	3	<i>HEA 110 should be taken at the community college to satisfy this competency.</i>

General Education Requirements	<p>Complete 40 semester hour credits including:</p> <p>CHEM 1150 - General Chemistry I CHEM 1151 - General Chemistry Laboratory I MATH 1065 - College Algebra PHYS 1250 - General Physics I PSYC 1000 - Introductory Psychology</p>	<p><i>NCCCS Equivalents:</i></p> <p style="text-align: center;"><i>CHM 151</i></p> <p style="text-align: center;"><i>MAT 171</i> <i>PHY 151</i> <i>PSY 150</i></p>
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Core	<p>Complete 33 semester hour credits.</p> <p>KINE 2202 - Motor Learning and Performance KINE 2850 - Structural Kinesiology KINE 3805 - Physiology of Exercise KINE 3806 - Physiology of Exercise Laboratory KINE 3850 - Introduction to Biomechanics KINE 4020 - Exercise Adherence KINE 4805 - Exercise Evaluation and Prescription Laboratory KINE 4806 - Exercise Evaluation and Prescription KINE 4807 - Advanced Exercise Physiology KINE 4809 - Exercise Prescription for Clinical Populations KINE 4811 - Exercise Prescription for Resistance Training KINE 4900 - ECG Interpretation and Exercise Testing KINE 4991 - Practicum in Exercise Research</p>	<p><i>There are no current NCCCS Equivalents; courses will be taken at ECU.</i></p>
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Cognates	<p>Complete 27 hours.</p> <p>BIOL 1100 - Principles of Biology I BIOL 1101 - Principles of Biology Laboratory I or BIOL 1150 - Principles of Biology: A Human Approach BIOL 1151 - Principles of Biology: A Human Approach Discussion</p> <p>BIOL 2140 - Human Physiology and Anatomy I BIOL 2141 - Human Physiology and Anatomy I Laboratory BIOL 2150 - Human Physiology and Anatomy II BIOL 2151 - Human Physiology and Anatomy II Laboratory</p>	<p><i>NCCCS Equivalents</i></p> <p style="text-align: center;"><i>BIO 111</i></p> <p style="text-align: center;"><i>BIO 168*</i> <i>BIO 169*</i></p>
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	BIOS 1500 - Introduction to Biostatistics or MATH 2228 - Elementary Statistical Methods I or MATH 2283 - Statistics for Business	MAT 152
	CHEM 1130 - Organic and Biochemistry for the Allied Health Sciences or CHEM 2750 - Organic Chemistry I CHEM 2753 - Organic Chemistry Laboratory I (for premed/pre-dental students)	CHM 132 CHM 251
	CHEM 1160 - General Chemistry II CHEM 1161 - General Chemistry Laboratory II	CHM 152
	NUTR 1000 - Contemporary Nutrition or NUTR 2105 - Nutrition Science	BIO 155
	PHYS 1251 - General Physics Laboratory I	PHY 151

Concentrations	Complete 20 hours by picking one concentration: Clinical Exercise Physiology or Exercise as Medicine. <i>For Pre-PT, PA, Nursing, Pre-Med, and Pre-Dental, choose Exercise as Medicine.</i>	NCCCS Equivalents
	<p>a. Clinical exercise physiology - 20 hours</p> <p>KINE 4990 - Pre-internship Seminar for Exercise Physiology KINE 4992 - Internship in Clinical Exercise Physiology</p> <p><i>Recommended electives (7 s.h.) Choose 7 s.h. from the following:</i></p> <p>KINE 3020 - Physical Activity and Disease Prevention KINE 2050 - Computer Applications in Exercise and Sport Science KINE 3300 - Applied Sports Psychology KINE 3600 - Coaching Theories KINE 4600 - Essentials of Strength and Conditioning KINE 3802 - Obesity Prevention and Treatment KINE 3880 - Personal Fitness Training KINE 3881 - Personal Fitness Training Laboratory KINE 4030 - Physical Activity Across the Lifespan KINE 4500 - Independent Study in KINE KINE 4501 - Independent Study in KINE KINE 4502 - Independent Study in KINE KINE 4808 - Cardiopulmonary Physiology KINE 4901 - Practical Application of Stress Testing Any KINE elective course except for KINE 1000 and KINE 1001</p> <p>b. Exercise as medicine - 20 hours <i>(Pre-PT, PA, Nursing, Pre-Med, and Pre-Dental)</i></p> <p>BIOL 1200 - Principles of Biology II and BIOL 1201 - Principles of Biology Laboratory II or PSYC 3206 - Developmental Psychology</p> <p>BIOL 2110 - Fundamentals of Microbiology and BIOL 2111 - Fundamentals of Microbiology Laboratory or</p>	

BIO 112

PSY 241

BIO 175

	PHYS 1260 - General Physics II and PHYS 1261 - General Physics Laboratory II	<i>PHY 152</i>
	ATEP 2800 - Medical Nomenclature for Human Performance or BIOL 2300 - Principles of Genetics	<i>MED 121**</i> <i>BIO 250</i>
	or CHEM 2760 - Organic Chemistry II and CHEM 2763 - Organic Chemistry Laboratory II	<i>CHM 252</i>
	or HIMA 3000 - Medical Terminology for Health Professionals	<i>MED 122**</i>
	<i>Recommended electives (8-10 s.h.)</i>	
	<i>Choose 8-10 s.h. from the following:</i>	
	KINE 3020 - Physical Activity and Disease Prevention	
	KINE 2050 - Computer Applications in Exercise and Sport Science	
	KINE 3300 - Applied Sports Psychology	
	KINE 3600 - Coaching Theories	
KINE 4600 - Essentials of Strength and Conditioning		
KINE 3802 - Obesity Prevention and Treatment		
KINE 3880 - Personal Fitness Training		
KINE 3881 - Personal Fitness Training Laboratory		
KINE 4030 - Physical Activity Across the Lifespan		
KINE 4500 - Independent Study in KINE		
KINE 4501 - Independent Study in KINE		
KINE 4502 - Independent Study in KINE		
KINE 4808 - Cardiopulmonary Physiology		
KINE 4901 - Practical Application of Stress Testing		
Any KINE elective course except for KINE 1000 or KINE 1001		

*There are no direct equivalents for BIOL 2140, 2141, 2150, and 2151, but NCCCS students can take BIO 168 and 169 for BIOL 2XXX credits. Once admitted, an advisor will assist in petitioning BIOL 2XXX to substitute for this requirement.

**MED 121 and 122 are not considered transfer courses under the CAA, but they do transfer to ECU as ATEP 2800 and HIMA 3000. You can take BIO 250 or CHM 252 at the community college instead of these courses if you are in the AA and AS and want to take those courses.

Potential 2 Year Map for BS Exercise Physiology

An example of courses to take at your community college,
if you plan to take a full-time course load and not participate in summer semesters.

First Semester at NCCCS Institution

NCCCS Course	ECU Transfer Equivalent
ENG 111	ENGL 1100
Humanities/Fine Arts course	
MAT 171	MATH 1065
HEA 110	HLTH 1000/KINE 1000
ACA 122	COAD 1XXX

Second Semester at NCCCS Institution

NCCCS Course	ECU Transfer Equivalent
ENG 112	ENGL 2201
Humanities/Fine Arts course	
BIO 111	BIOL 1150, 1151
MAT 152	MATH 2283
PSY 150	PSYC 1000

Third Semester at a NCCCS Institution

NCCCS Course	ECU Transfer Equivalent
Humanities/Fine Arts course or 2 nd Math course	
Social Behavioral Science course	
PHY 151	PHYS 1250, 1251
CHM 151	CHEM 1150, 1151
BIO 168	BIOL 2XXX

Fourth Semester at a NCCCS Institution

NCCCS Course	ECU Transfer Equivalent
Social Behavioral Science course or 2 nd Natural Science course	
BIO 155	NUTR 2105
BIO 169	BIOL 2XXX
Additional General Education course or PSY 241	PSYC 3206
Any remaining credits needed toward graduation	

- Schedule at ECU will depend on courses completed at the community college and semester of entry (fall or spring).
- You should email hnpadvising@ecu.edu as soon as possible for more specialized advising.
- This schedule is dependent on taking full-time course loads; however, it may not be realistic to take a full-time course load if you are working full-time or part-time, are a caregiver, or have other obligations.
Ask your advisor how you can be most successful.