



To



AA to BS Exercise Science and Sports Performance

Southwestern Illinois College Courses					
AA Sociology – 64 hours					
ENG 101	Rhetoric & Composition I	3	MATH 107 or 191	General Education Statistics or Introduction to Statistics	4
ENG 102	Rhetoric & Composition II	3	BIOL 101	Principles of Biology I	4
COM 151	Fundamentals of Public Speaking	3	BIOL 157	Human Anatomy and Physiology I	4
IAI Humanities	Literature	3	BIOL 158	Human Anatomy and Physiology II	4
IAI Humanities	Philosophy	3	IAI Science	Physical Science	3
IAI Fine Arts	Art, Creative Writing, Music or Theatre	3	SOC 153	Introductory Sociology	3
PSY 151	General Psychology	3	PSYC 259	Abnormal Psychology	3
HES 151	Personal Health and Wellness	2	GNL ELEC	General Electives	13
HIST 101 or HIST 102	World Civilization I or World Civilization II	3			
McKendree University Courses					
McKendree University – 56 hours					
HPE 250	Assessment Through Test and Measurements for Health Professions	3	PED 357	Administration and Development of Physical Activity Programming	3
HPE 300	Human Nutrition	3	PED 365	Motor Development Across the Lifespan	3
PED 157	Foundations of Health Professions	3	PED 403	Kinesiology	3
PED 206	First Aid	2	PED 404	Motor Learning	2
PED 121	Principles of Strength Training	.5	PED 405	Evaluation and Research in Exercise Science and Sport	3
PED 124	Principles of Speed, Agility and Quickness	.5	PED 455	Concepts of Resistance Training	3
PED 126	Advanced Strength Training	.5	PED 460	First Aid/CPR/AED Instructor	2
HPE 200	Foundations of Human Movement	3	PED 470	Internship in Exercise Science and Sports Performance	4
ATH 200	Medical Terminology	3	PED 492	Seminar for Exercise Science and Sports Performance	2
PED 202 or PED 465	Psychology of Coaching or Sport and Health Psychology	3	GNL ELEC	General Elective	2.5
PED 349	Physiology of Exercise	3			
PED 356	Instruction for Exercise and Lifetime Activity	4			
Total Hours to Bachelor Degree: 120 Hours					

Instructional Delivery – Face to Face

McKendree University Residency – Students must complete a minimum of 30 credit hours with McKendree University.

Transfer Credits – McKendree University will accept a maximum of 90 hours in transfer credits. Only courses with a grade of C or better will be transferred.

Degree Requirements – Students must complete a minimum of 120 credit hours to receive a bachelor's degree from McKendree University. Some programs require additional hours. Elective hours required at McKendree University may vary depending on total hours accepted in transfer.

Contact us for more information:

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