



Exercise Science Transfer Pathway AS - 60 credits

(Fall 2025)

REMEMBER TO REGISTER EARLY

Program Description

This transfer pathway specifically ensures that a student who successfully completes an Exercise Science Transfer Pathway Associate of Science (AS) can transfer the entire completed degree into a designated parallel baccalaureate degree program in Exercise Science at one of the seven Minnesota State universities. The entire curriculum has been carefully designed to guarantee junior-year status to students who have been admitted to one of the seven Minnesota State universities. There, students can complete their bachelor's degree by earning 60 additional credits. Students planning to transfer outside of the Minnesota State system are advised to consult with their intended transfer institution to determine transferability of the courses in this curriculum. Universities within the Minnesota State system include Bemidji State University; Metropolitan State University; Minnesota State University, Mankato; Minnesota State University Moorhead; Southwest Minnesota State University; St. Cloud State University; and Winona State University.

Pre-program Requirements

To begin this program, you need to be at a specific skill level in English/reading and mathematics.

English/Reading:

- Eligible for ENGL 1106 College Composition I, OR
- Completion of ENGL/READ 0950/0955 (or equivalent or higher). ENGL/READ 0950/0955 may not be taken concurrently with Semester I coursework.

Mathematics:

A college-level math course is required for graduation. Students must satisfy course prerequisites for college-level math courses, which may require more than one semester of additional math. Connect with your advisor for appropriate course placement.

REQUIRED COURSES

Course	Course Title	Credits	MnTC Goal Area	Term
HPER 1100*	Career Exploration in Exercise Science	3		
HPER 1116	Resistance Training	1		
HPER 1302	Nutrition	3		
HPER 1324	Personal Wellness	3		
HPER 1330	Fundamentals of Training Theory	3		
HPER 1332	Introduction to Exercise Science	3		
Exercise Science Electives	Choose a minimum of 6-8** credits from the following:	6-8		
HPER 1112	Core Training (1)			
HPER 1304	Nutrition in Athletic Performance (2)			
HPER 1306	Tobacco, Alcohol, and Other Drugs (3)			
HPER 1322	Personal Training (3)			
HPER 1326	Lifetime Fitness (2)			
HPER 1334	Assessment of Physical Fitness (3)			
ALTH 1430	First Aid & CPR/AED Health Care Professionals (1)			
ENGL 1106*	College Composition I	3	1	
ENGL 1109*	College Composition II	3	1	
COMM 1105*	Interpersonal Communication	3	1	
MATH 2210*	General Statistics	3	4	
BIOL 1120*	General Biology I	4	3	
CHEM 1110*	Aspects of Chemistry I	3	3	
or	or			
CHEM 1210*	General Chemistry I	(5)		
BIOL 1140*	Human Anatomy & Physiology I	4	3	
BIOL 1141*	Human Anatomy & Physiology II	4	3	
PSYC 1120*	General Psychology	3	5	
SOC 1170	Drugs and Society	3	5,8	
SOC 2120*	Social Problems		5,9	
or	or			
SOC 2123*	People and the Environment	3	5,10	
Total Credits		60		

*Courses may require a prerequisite

**Eight (8) credits of Exercise Science Electives are required if student takes CHEM 1110.

Pre-program Requirements (cont'd.)

There are other ways to qualify. Visit [Course Placement](http://lsc.edu/course-placement) (lsc.edu/course-placement) to find out more. For interpretation of test results and selection of appropriate coursework; or general information about the program, admissions, financial aid, and getting started at LSC, contact the [professional advising team](mailto:advising@lsc.edu) (advising@lsc.edu) or 218-733-7601.

Program Outcomes

A student completing Lake Superior College's Minnesota State Transfer Pathway in Exercise Science and transferring into a designated bachelor's program in Exercise Science at a Minnesota State university will have junior standing and may complete the bachelor's degree within an additional 60 credits. You will be able to transfer to the following designated majors at Minnesota State universities:

At Bemidji State University: Exercise Science BS

At Southwest State University: Exercise Science, BS

At Metropolitan State University: NA

At St. Cloud State University: Exercise Science, BS

At Minnesota State, Mankato: Exercise Science BS

At Winona State University: Exercise and Rehabilitative Science, BS

At Minnesota State, Moorhead: Exercise Science, BS

Health and Wellness Management, BAS

In order to graduate and be guaranteed admission to a Minnesota State University's designated program you must earn an overall grade point average as indicated by the university to which you will transfer.

Suggested course sequence for a full-time student averaging 15 credits per semester

First Semester	16 credits
ENGL 1106 College Composition I	3
BIOL 1120 General Biology I	4
COMM 1105 Interpersonal Communication	3
HPER 1100 Career Exploration in Exercise Science	3
HPER 1332 Introduction to Exercise Science	3

Second Semester	14-16 credits
ENGL 1109 College Composition II	3
CHEM 1110 Aspects of Chemistry or CHEM 1210 General Chemistry I	3 (5)
BIOL 1140 Human Anatomy & Physiology I	4
HPER 1116 Resistance Training	1
PSYC 1120 General Psychology	3

Third Semester	16-18 credits
BIOL 1141 Human Anatomy & Physiology II	4
HPER 1302 Nutrition	3
HPER 1330 Fundamentals of Training Theory	3
SOC 1170 Drugs and Society	3
Exercise Science Elective	3-5



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Fourth Semester	12-14 credits
SOC 2120 Social Problems or SOC 2123 People and the Environment	3
MATH 2210 General Statistics	3
HPER 1324 Personal Wellness	3
Exercise Science Elective	3-5
Total Credits:	60

For more information about the Exercise Science Transfer Pathway AS including course descriptions, course prerequisites and potential career opportunities, see the [program website](https://www.lsc.edu/degrees/exercise-science-transfer-pathway-as/)
(<https://www.lsc.edu/degrees/exercise-science-transfer-pathway-as/>)

or

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MINNESOTA STATE

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All courses in diploma and/or certificate programs are acceptable for credit toward Lake Superior College degree programs as indicated on individual program planners. This is not a contract; Lake Superior College reserves the right to change the planner as necessary. This document is available in alternative formats upon request, by contacting [Student Accessibility Services](#) or (218) 733-7650 or MRS/TTY (800) 627-3529.