

Kinesiology · Exercise Science



- This is a suggested **MAP** for students interested in this **FIELD**. It does not represent a contract or guarantee course availability.
- Following the **MAP** provides students with the best chance for course transferability.
- This **MAP** is designed for full-time students, but the suggested courses apply to all! Customize a path by **ADDING** semesters, including **SUMMER**.

Choose ONE course from each row unless otherwise indicated

Semester 1	Core42?	Credits	Notes
ENG-101	Yes	3	
EXS-100		3	
MAT-157 or MAT-158	Yes	4	
CHM-101/CHM-103	Yes	4	Must take lecture & lab
COL-101		1	
PHE-215		3	
Semester Hours: 18/Cumulative Hours: 18			
Semester 2	Core42?	Credits	Notes
BIO-250A&B	Yes	4	Must take lecture & lab
CPT-103		3	
ENG-102	Yes	3	
EXS-110		3	
PHE-112		1	
Arts & Humanities Core42 Course (see catalog)	Yes	3	
Semester Hours: 17/Cumulative Hours: 35			
Semester 3	Core42?	Credits	Notes
BIO-251A&B		4	Must take lecture & lab
COM101- or COM-110	Yes	3	
HIS-101, HIS-102, HIS-103, HIS-104 or POL-101	Yes	3	
Arts & Humanities Core42 Course (see catalog)	Yes	3	
PHE-230		3	
Semester Hours: 16/Cumulative Hours: 51			
Semester 4	Core42?	Credits	Notes
PHE-241 or PHE-242		3	
PSY-101	Yes	3	
Arts & Humanities Core42 Course (see catalog)	Yes	3	
Social Science Core42 Course (see catalog)	Yes	3	
Any elective course- Core42 (see catalog)	Yes	3	
Semester Hours: 15/Cumulative Hours: 66			

Pathway Considerations

Kinesiology . Exercise Science: Info and Requirements

- <https://www.stchas.edu/academics/departments/Kinesiology> or visit www.stchas.edu/Pathways
- Please note, Credit Hours (CH) may vary, for example, if you choose a Foreign Language (4 CH) option rather than THE-122 (3 CH).
- IMPORTANT: Core42 has specific requirements if you're pursuing an A.A. degree, often requiring you to take courses from different fields. As an example, for Natural Sciences you cannot take all CHM courses or all BIO courses. You must take a mix of Science courses. Similar restrictions apply to other Core42 categories. Please speak to an Advisor to make sure your courses count towards transfer or a degree.
- For most A.A. degrees, 64 credit hours are required, including the Core42 requirement.
- COL101 is required for first-time freshman; most A.A. degrees require you to complete one of the following: CPT103, CPT115, or EDU220.
- Transferability of courses is dependent on the transfer institution; however, SCC makes every effort to make sure that courses in your Pathway transfer to most state, public universities and colleges.
- To earn your A.A., you must have a 2.0 cumulative GPA and take a minimum of 15 degree-required credits at SCC.

Some Important Things About Pathways...

1. Before **registering** for courses, make an appointment with an **Academic Advisor**. They will help make sure you're taking the right courses and sticking to your path.
2. For course descriptions, visit <https://www.stchas.edu/academics/course-descriptions>
3. To organize courses for your upcoming semesters or to register online, visit the **Student Planning App** in the SCC Portal.
4. The order in which you take your courses may be important. Please check with your **Academic Advisor** to make sure you're not forgetting about course **prerequisites**.
5. If you have questions about your Financial Aid eligibility, contact a **Financial Aid Counselor**.
6. The courses in this map were hand-selected to help you achieve your educational goals, which often includes **course transfer**. SCC does its best ensure all courses **transfer**, though transferability is always up to the transfer institution. (See Core42 for exceptions to this rule.)
7. The simplest plan is for you to **stick to the path**. Changes to maps can be made, but please speak with an advisor, a teacher, and/or potential transfer institutions to ensure your substitutions fit your educational goals and needs.
8. Finding a career interest can help you find your Pathway. Consider visiting **Career Services**—they can help!
9. If you're interested in jobs based in Manufacturing & Industry, contact **Workforce Development**.

Questions about your Pathway?

Career Questions	Career Services · 636-922-8243 or -8244 · SSB 2201
Advising Questions	Academic Advising · 636-922-8241 · SSB 2201
Financial Aid Questions	Financial Aid · 636-922-8712 or -8404 · SSB 2201
Jobs in Industry or Manufacturing	Workforce Development · 636-922-8474 · HUM 103
Nursing & Allied Health Advising	Email: alliedhealth@stchas.edu · CHL 126/127

For more information on Pathways, visit www.stchas.edu/Pathways