

ARCHIVED EXERCISE SCIENCE ARTICULATION AGREEMENT GUIDE

Lansing Community College– AAS in Professional Fitness Leader
 Eastern Michigan University – BS in Exercise Science

Lansing Community College Courses:**Transfer to Eastern Michigan University as:****Michigan Transfer Agreement Requirements (30 credits)**

Students with an MTA endorsement on their community college transcript have satisfied EMU's General Education Core Requirements and will be required to complete only the General Education Application Requirements of one Perspectives on a Diverse World course, one Learning Beyond the Classroom experience, and a writing intensive course in the major. Courses listed below for the MTA will also satisfy degree or program requirements at LCC or EMU. Students without the MTA or MACRAO endorsement will be required to complete EMU's general education program.

LCC courses approved for the MTA**Credits from the AAS in Professional Fitness Leader that apply to the MTA (18 credits)**

1. A course in English Composition			
ENGL 121 or 131 Composition I or Honors Composition I	4	WRTG 120 University Elective (3)+1	4
2. A second course in English Composition or Communication			
Choose one from: COMM 110, 120, 130	3	University Elective	4
3. A course in Mathematics			
Choose one from: MATH 120 or STAT 170	4	University Elective	4
4. Two courses in Natural Science from different disciplines (one lab required)			
* BIOL 201 Human Anatomy	4	EXSC 201 Human Anatomy (3)+1 (with BIOL 202)	4
* PFWH 123 Human Nutrition	3	DTC 101 sub for DTC 203 or 204	3

If needed, complete additional courses in any of the above categories to satisfy the 30 credit minimum for the MTA.

LCC Professional Fitness Leader Requirements (47-50 credits)

* BIOL 202 Human Physiology	4	EXSC 202 Human Physiology (3)+1 (with BIOL 201)	4
* MGMT 234 Diversity in the Workplace	3	Perspectives on a Diverse World Requirement	3
PFWH 181 Stress Management	1	HLED 000 University Elective	1
PFWH 163 Healthy Lifestyles	2	University Elective	2
PFKN 106 Group Fitness Instructor Prep	3	PHED 000 University Elective	3
* PFKN 170 Foundations of Kinesiology	3	PHED 100 sub for EXSC 144 (2)+1	3
* PFKN 200 Exercise Physiology	3	EXSC 000 University Elective	3
PFKN 201 Exercise Physiology Lab	1	EXSC 000 University Elective	1
PFKN 205 Sport and Exercise Physiology	3	SMGT 000 University Elective	3
* PFKN 208 Biomechanics	3	EXSC 305 Biomechanics	3
PFKN 210 Athletic Training Principles	3	ATTR 219 University Elective	3
PFKN 250 Measurements in Kinesiology	3	University Elective	3
* PFKN 260 Growth & Motor Behavior	3	PHED 260 Motor Development (2)+1 (Sub for EXSC Elective)	3
PFKN 265 Exercise Diverse Populations	3	PHED 000 University Elective	3
PFKN 270 Personal Trainer Preparation	3	PEGN 206 University Elective	3
PFKN 280 Kinesiology Internship	3	PHED 000 University Elective	3
PFWT 123 Weight Training I	2	PEGN 226 University Elective	2
Choose one course from below:			
BUSN 160; PFFT 109, 113, 120, 170; PFWT 124	1-4	University Elective	1-4

EMU Requirements that may be taken at LCC or EMU (30 credits)

* BIOL 127 & 128 Cell Biology (4) & Organismal Biology (4)	8	BIO 110/111 Introductory Biology Lecture and Lab	8
* CHEM 151/161 General Chemistry I+ Lab	5	CHEM 121/122 General Chemistry I Lecture and Lab	5
1* PHYS 221 Introductory Physics	4	PHY 221 Mechanics, Sound & Heat	4
Two Social Science courses from different disciplines:			
* PSYC 200 Introduction to Psychology	4	PSY 101 General Psychology (prereq for EXSC 308) (3)+1	4
Choose one from the approved MTA list	3	University Elective	3
Two Humanities courses from different disciplines			
Choose two from the approved MTA list	6	University Elective	6

Credits at LCC:..... 107-110 Credits that transfer to EMU 107-110

* Required for admission to EMU's Exercise Science Program with a grade of B- or better. If not completed at LCC, must be completed at EMU.

¹ MATH 122 is a pre-requisite to PHYS 221. MATH 121 is a pre-requisite to MATH 122. If PHY 221 is not taken at LCC, students must have MATH 121 and 122 or the equivalent EMU course to take the PHYS 221 at EMU.

CPR certification by the American Red Cross or American Heart Association is required as part of this program.

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**Completion of the BS in Exercise Science
at EMU****Major Requirements (43 credits)****Required Courses (40 credits)**

EXSC 205	Quantitative Methods Exercise Science...	3
EXSC 300	Exercise Physiology	4
² EXSC 330L4	Practicum in Exercise Science	3
EXSC 380W	Exercise and Sport Psychology.....	3
EXSC 405	Pharmacology	3
EXSC 410	Exercise Testing.....	4
EXSC 430	Clinical Exercise Electrocardiography	3
EXSC 431W	Pathophysiology.....	3
EXSC 432	Exercise Programming & Prescription.....	3
EXSC 433	Principles of Sport Performance Training.....	3
² EXSC 480L4	Internship in Exercise Science	8

Elective Course (3 credits)

Choose 3 credits from courses listed below:

EXSC 408	Exercise Epidemiology	3
EXSC 412	Endurance Training and Performance	3
EXSC 415	Diabetes and Obesity.....	3
EXSC 418	Human Cadaver Laboratory.....	3
EXSC 419	Sports Supplements & Ergogenic Aids	3
EXSC 435	Echocardiography	3

Credits at EMU: 43

Transfer Credits 110

Minimum Credits to Graduate:..... 153

Sample Full Time Sequence**Fall Semester Start (13 credits)**

EXSC 205	F,W,S.....	3
EXSC 300	F,W,S; pre-req EXSC 201 & 202	3
EXSC 405	F,W; pre-req: EXSC 201 & 202	4
EXSC Elective Course	3

Winter (16 credits)

EXSC 410	F,W; pre-req EXSC 300 & admitted.....	4
EXSC 430	F,W; pre-req EXSC 300 & admitted.....	3
EXSC 431W	F,W; pre-req EXSC 300 & admitted.....	3
EXSC 432	F,W; pre-req EXSC 410 & admitted.....	3
EXSC 433	F,W; pre-req EXSC 300, EXSC 305 & admitted	3

Summer (9 credits)

EXSC 330L4	F,W,S; pre-req EXSC 201 and 202	3
EXSC 380W	F,W,S; pre-req PSY 101	3
University Elective	3

Fall Semester (8 credits)

EXSC 480L4	F,W,S; department permission required	8
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This is a sample only. Students must meet with an academic advisor to map course completion at EMU.

¹ Course is a pre-candidacy requirement. Must earn "B-" or higher.

² Satisfies EMU's "Learning Beyond the Classroom" requirement.

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Additional Information:

1. In completing the coordinated program of study for this articulation agreement, course substitutions should be made with the guidance of the advisors at both institutions (indicated below) to assure that all requirements are satisfied. Each institution will determine the satisfaction of their individual program and degree requirements. Courses indicated with an * are required for EMU's BS in Exercise Science. EMU will accept substitutes for LCC courses on the guide that transfer as university electives or general transfer credit.
2. Students whose transcripts have the "MTA Satisfied" endorsement will only be required to complete one "Perspectives on a Diverse World" course, one "Learning Beyond the Classroom" (LBC) experience, and a Writing Intensive course in the major. The Perspectives on a Diverse World requirement may be transferred to EMU.
To use the Michigan Transfer Agreement (MTA), students must have an official community college transcript, with the "MTA Satisfied" endorsement, sent to EMU's Admissions Office. Students who do not have "MTA Satisfied" on their community college transcript, will be required to satisfy EMU's general education requirements as listed in the Undergraduate Catalog. The MTA may be completed after admission to EMU, however, students should inform their advisor in order to receive appropriate advising.
3. Only courses with a grade of "C" or better (2.0 on a 4.0 scale) will be accepted for transfer to EMU. Program major courses (including pre-candidacy courses taken at LCC) require a grade of "B-" or better.
4. Under this agreement, EMU will waive the 60-hour rule and require that a minimum of 30 credit hours must be completed at the four-year college level, of which at least 30 hours are in courses offered by EMU, with 15 hours in program requirements, at the 300-level or above. A minimum of 120 credit hours, completed in-residence or accepted in transfer, is required for graduation.
5. Students may apply for candidacy in the Exercise Science program when the following requirements are met:
 - a. Declaration of intent to major in exercise science.
 - b. An overall EMU grade point average (GPA) of 2.8 or better. Students entering directly from LCC, who have met the other requirements, may be admitted with an LCC GPA of 2.8 or better. Students must maintain a 2.8 GPA through the end of the program.
 - c. After achieving the above requirements, students must complete the candidacy application form and submit three letters of recommendation (two professional and one personal) and a biographical sketch to their advisor.
6. Students are not allowed to complete the internship experience (EXSC 480) if their GPA falls below 2.8. Any required or elective course for this major completed with less than a B- must be repeated.
7. CPR certification by the American Red Cross or American Heart Association is required as part of this program
8. Students are encouraged to contact the Exercise Science program coordinator before completing an admission application to EMU. To facilitate advising and the evaluation of transcripts, bring a copy of the articulation guide to all advising sessions.

Effective Dates: September 1, 2019 through August 31, 2022.

This agreement is consistent with the 2019-2020 catalog. Students have until summer 2027 to graduate from Eastern Michigan University following this agreement. In the event that a student does not complete the program within seven years, they may be required to have their credits reevaluated using the requirements of the current articulation guide.

Contacts:

Lansing Community College

Eastern Michigan University

Undergraduate Admissions

220 Student Center; 734.487.6453

transfer_admissions@emich.edu

[Schedule an appointment](#)