

**ARCHIVED EXERCISE SCIENCE ARTICULATION AGREEMENT GUIDE**

Henry Ford College– AAS in Fitness Leadership  
 Eastern Michigan University – BS in Exercise Science

**Henry Ford 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 HFC or EMU. Students who started before fall 2014 may continue to follow the MACRAO Agreement until the end of August 2019. For courses approved by HFC to satisfy the MTA go to [HFC's website](#).

<b>1. A course in English Composition</b>			
Choose from the approved MTA list .....	3	University Elective .....	3
<b>2. A second course in English Composition or Communication</b>			
SPC 131 Fundamentals of Speaking.....	3	CTAC 124 Foundations of Speech Communication .....	3
<b>3. A course in Mathematics</b>			
Choose from the approved MTA list.....	4-5	University Elective .....	4-5
<i>Recommend MATH 175 as a pre-req to PHYS 131</i>			
<b>4. Two courses in Natural Science from different disciplines (one lab required)</b>			
* CHEM 132 Prin of Organic & Biological Chemistry.....	4	CHEM 120 Fundamentals of Organic & Biochemistry .....	4
* PHYS 131 General Physics I.....	4	PHY 221 Mechanics, Sound & Heat.....	4
<b>5. Two Humanities courses from different disciplines</b>			
Choose from the approved MTA list.....	6	University electives.....	6
<b>6. Two Social Science courses from different disciplines:</b>			
<sup>1</sup> PSY 131 Introductory Psychology.....	3	PSY 101 General Psychology ( <i>prereq for EXSC 380</i> ).....	3
Choose from the approved MTA list.....	3	University elective .....	3

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

**EMU's Perspectives on a Diverse World requirement: Complete one course** from the following list:

**These courses also satisfy an MTA area:** **Natural Science:** BIO 138 (non-lab); **Humanities:** ART 224, 225, 226, 227; ENG 243, 248; PHIL 201; WR 233, 236; **Social Science:** ANTH 131, 151, 152, 154; GEOG 132; HIST 113, 243, 261; POLS 152; PSY 296; SOC 152, 251; **This course applies, but does not satisfy the MTA:** BBA 250

**HFC Fitness Leadership Requirements (46 credits)**

BBA 131 Introduction to Business.....	4	COB 200 University Elective .....	4
* BIO 131 Introduction to Biology .....	4	BIOL 105 Introductory Biology for Non-Majors .....	4
* BIO 233 Anatomy & Physiology I (4) AND		EXSC 201 Human Anatomy (3)+1 AND	
* BIO 234 Anatomy & Physiology II (4).....	8	EXSC 202 Human Physiology (3)+1 .....	8
CIS 100 Introduction to Information Technology.....	3	IS 215 University Elective .....	3
HPE 142 Advanced First Aid.....	3	HLED 210 University Elective .....	3
* HPE 150 Exercise Physiology (3) and			
* HPE 152 Tests & Measurements (2).....	5	EXSC 300 Exercise Physiology (4)+1.....	5
HPE 151 Methods of Teaching Aerobic Exercise .....	3	PHED 000 University Elective .....	3
HPE 154 Facilities and Equipment.....	2	PHED 000 University Elective .....	2
HPE 192 Internship in Physical Education.....	2	PHED 000 University Elective .....	2
<sup>1</sup> Choose 1 from the following:.....	2	DTC 000 <b>sub for DTC 204 Nutrition for Health Professionals</b> ...	2
HPE 153 Nutrition			
HPE 158 Introduction to Nutrition			
HPE 253 Nutrition for the Professional			
Complete one Wellness: HPE 140 or HPE 141 .....	2	PEGN 210 or HLED 120 University Elective .....	2
Complete one Training & Conditioning: HPEA 117 or 217.....	2	PEGN 101 or PEGN 226 University Elective .....	2
Complete 6 credits from Activity courses: see HFC catalog.....	6	University Elective .....	6

**EMU Requirements that may be taken at HFC or EMU (5-6 credits)**

Open Electives (not to exceed 82 credits at HFC).....	5-6	University Electives .....	5-6
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**Credits at HFC: ..... 81-82 Credits that transfer to EMU ..... 81-82**

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

<sup>1</sup> Required for Exercise Science program. If not completed at HFC, must be completed at EMU.

Note: It is strongly recommended that PHY 131 is completed prior to transferring so that you can get into the sequence of courses at EMU in the first semester at EMU.

**Sign up with us:** If you let us know you are using this articulation agreement we can stay in touch with you and provide information and advising to you while you are still at your community college.

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**Completion of the Exercise Science Program at EMU**

**Major Requirements (42-43 credits)**

**Required Courses (13 credits)**

<sup>2</sup> EXSC 144	Intro to Exercise Science (Pre-candidacy) ....	2
EXSC 281	Pharmacology .....	3
EXSC 305	Biomechanics.....	3
<sup>1</sup> EXSC 325L4	Practicum in Exercise Science .....	2
EXSC 380W	Exercise and Sport Psychology.....	3

**Required Courses (Postcandidacy) (24 credits)**

EXSC 410	Exercise Testing.....	4
EXSC 430	Clinical Exercise Electrocardiology .....	3
EXSC 431W	Pathophysiology.....	3
EXSC 432	Exercise Programming and Prescription.....	3
EXSC 433	Principles of Sport Performance Training.....	3
<sup>1</sup> EXSC 480L4	Internship in Exercise Science .....	8

**EXSC Elective Courses (5-6 credits)**

Complete five to six credits from the following:

EXSC 318	Laboratory in Human Anatomy (2)
EXSC 407	Fitness Center Management (3)
EXSC 434	Intro to Echocardiography (2)
EXSC 508	Exercise Epidemiology (3)
EXSC 515	Diabetes and Obesity (3)
EXSC 518	Sports Supplements (3)
PHED 260	Motor Development (3)
PHED 431	Motor Learning (3)

**Credits at EMU: ..... 42-43**  
**Transfer Credits ..... 81-82**  
**Minimum Credits to Graduate:..... 124**

**Sample Full time Sequences:**

*Courses may not be offered every semester. Consult advisor to plan a program of study.*

**Fall Semester Start (14-15 credits)**

EXSC 144	F,W; required for admission.....	2
EXSC 281	F,W; pre-req EXSC 201 & 202 .....	3
EXSC 305	F,W,S; pre-req PHY 221 and EXSC 201 & 202.....	3
EXSC 410	F,W; pre-req EXSC 300 & admitted.....	4
EXSC Elective .....		2-3

**Winter (15 credits)**

EXSC 430	F,W; pre-req EXSC 300 & admitted.....	3
<sup>3</sup> 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
EXSC Elective .....		3

**Summer (5 credits)**

<sup>1</sup> EXSC 325L4	F,W,S; pre-req EXSC 300 .....	2
EXSC 380W	F,W,S; pre-req PSY 101 .....	3

**Fall Semester (8 credits)**

<sup>1</sup> EXSC 480L4	F,W,S prereq admitted and see note below .....	8
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<sup>1</sup> Satisfies EMU's Learning Beyond the Classroom requirement

<sup>2</sup> Required for admission to EMU's Exercise Science Program with a grade of B- or better.

<sup>3</sup> Satisfies EMU's Writing Intensive requirement

Note: It is recommended you contact EMU as soon as you are considering transferring to receive advising. Please see the contact information for EMU on the third page.

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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 Exercise Science Program. EMU will accept substitutes for HFC 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 course 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 HFC) require a grade of “B-“or better.
4. Under this agreement, EMU will waive the 60-hour rule and require that a minimum of 40 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 124 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. Completion of all required and elective courses in the exercise science major with a grade of “B-“ or better ;
  - b. Achieved an overall EMU grade point average (GPA) of 2.8 or better. Students entering directly from HFC, who have met the other requirements, may be admitted with an HFC 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.
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. 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, [sign up for this articulation agreement](#) and bring a copy of the articulation guide to all advising sessions.

**Effective Dates: September 1, 2015 until August 31, 2018. Extended through August 31, 2019.**

This is an extension of a renewal of an agreement made in September 2008 and renewed in September 2012. Students who began this program prior to the new effective date have the option of changing to this guide. If this agreement is not renewed at the end of the effective period, students who already started the program will be given three additional years to be admitted to EMU under the terms of this agreement.

*Students have until the end of summer semester 2026 to complete their degree at EMU using this guide.*

**Contacts:**

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