

**ARCHIVED EXERCISE SCIENCE ARTICULATION AGREEMENT GUIDE**

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

<b>Henry Ford College Courses:</b>	<b>Transfer to Eastern Michigan University as:</b>
<b>Michigan Transfer Agreement Requirements (30 credits)</b>	
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. <u>Courses listed below for the MTA will also satisfy degree or program requirements at HFC or EMU.</u> 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 <a href="#">HFC's website</a> .	
<b>1. A course in English Composition</b>	
ENG 131 English Composition .....3	University elective ..... 3
<b>2. A second course in English Composition or Communication</b>	
Choose from the approved MTA list .....3	University elective ..... 3
<b>3. A course in Mathematics</b>	
<sup>1</sup> Choose from the approved MTA list ..... 4-5	University elective ..... 4-5
<b>4. Two courses in Natural Science from different disciplines (one lab required)</b>	
* BIO 131 Introductory Biology.....4	BIOL 105 Intro Biology for Non-Majors ..... 4
<sup>1*</sup> CHEM 132 Prin of Organic & Biological Chemistry .....4	CHEM 120 Fund of Organic & Biochemistry ..... 4
<b>5. Two Humanities courses from different disciplines</b>	
Choose from the approved MTA list .....6	University elective ..... 6
<b>6. Two Social Science courses from different disciplines:</b>	
* PSY 131 Introductory Psychology.....3	PSY 101 General Psychology ( <i>prereq for SPMD 308</i> )..... 3
Choose from the approved MTA list .....3	University elective ..... 3
<b>7. If needed, complete additional courses in any of the above categories to satisfy the 30 credit minimum for the MTA.</b>	
<b>Additional Requirements:</b> The courses on these lists may also be used to satisfy an MTA area above:	
* <b>EMU "Perspectives on a Diverse World" Requirement:</b> Complete <b>one course:</b> <i>Humanities:</i> ART 224, 225, 226, 227; ENG 243, 248; WR 233, 236; <i>Social Science:</i> ANTH 131, 151, 152, 154; GEOG 132; HIST 113, 243, 252, 261; POLS 152; SOC 152, or 251; WR 233, 236;	
<b>HFC American Society, Events, Institutions and Cultures Requirement:</b> Complete <b>one course:</b> <i>Humanities:</i> ENG 235, 236, 237; <i>Social Science:</i> CRJ 131; HIST 151, 152; POLS 131; SOC 131; or SSC 131	
<b>HFC Major/Area Requirements (41-44 credits)</b>	
* <sup>2</sup> BIO 233 Anatomy & Physiology I (4) AND	SPMD 201 Human Anat & Phys I (3)+1 AND
* <sup>2</sup> BIO 234 Anatomy & Physiology II (4) .....8	SPMD 202 Human Anat & Phys II (3)+1 ..... 8
<sup>3</sup> BBA 131 Intro to Business .....4	University Elective (COB 200) ..... 4
HPE 141 Introduction to Health and Wellness.....3	University Elective ..... 3
<sup>4</sup> HPE 142 Advanced First Aid .....3	University Elective..... 3
* HPE 150 Exercise Physiology (3) and	
* HPE 152 Tests & Measurements (2) .....5	SPMD 300 Physiology of Exercise (4)+1 ..... 5
HPE 151 Methods of Teaching Aerobic Exercise .....3	University Elective..... 3
* HPE 253 Nutrition for the Professional (sub for HPE 153) .....3	(sub for <b>DTC 204</b> ) (DTC 203) ..... 3
HPE 154 Facilities and Equipment .....2	University Elective..... 2
HPE 192 Internship in Physical Education.....2	University Elective..... 2
HPEA 127 Aquacise .....2	University Elective..... 2
Complete one Strength Trng & Phys Cond: HPEA 117 or 217 .....2	University Elective..... 2
Complete one team sport: HPEA 104, 110, 204, or 210.....2	University Elective..... 2
Complete one dance course (with a DNC prefix).....2	University Elective..... 2
Satisfy HFC's Computer Literacy Requirement ..... 0-3	University Elective..... 0-3
<b>EMU Requirements that may be taken at HFC or EMU (8-13 credits)</b>	
* PHYS 131 General Physics .....4	PHY 221 Mechanics, Sound & Heat ..... 4
<sup>1,3</sup> Open Electives (not to exceed 84 credits at HFC)..... 4-9	University Electives ..... 4-9
<b>Credits at HFC:..... 82-84</b>	<b>Credits that transfer to EMU..... 82-84</b>

\* 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> If interested in going on to the Physician Assistant master's degree program, see the PA website <http://www.emich.edu/chhs/hphp/pa/> for admission pre-requisites that can be used to complete the MTA.

<sup>2</sup> Both courses must be completed at HFC to transfer as SPMD 201 & 202. If they initially transfer as BIO 251 & 252, the program advisor will change them to SPMD 201 & 202 for you.

<sup>3</sup> May be applied to the Management minor at EMU. If interested in fitness center management, consider a minor in management.

<sup>4</sup> CPR certification by the American Red Cross or American Heart Association is required as part of this program.

**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 (40-42 credits)**

##### **Required Courses (12 credits)**

SPMD 144	Introduction to Exercise Science	2
SPMD 280	Pharmacology for Sports Medicine	2
SPMD 305	Kinesiology-Tissue Mechanics	3
SPMD 325	Practicum in Exercise Science	2
SPMD 380W	Behavioral Aspects of Sports Medicine	3

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

SPMD 410	Laboratory Tech in Human Performance	4
SPMD 430	Principles of Electrocardiography	3
SPMD 431	Pathophysiology for Sports Medicine	3
SPMD 432	Intro to Exercise Programming	3
SPMD 433	Principles of Strength & Conditioning	3
<sup>1</sup> SPMD 480L	Internship – Exercise Science	8

##### **SPMD Elective Courses (4-6 credits)**

Complete four to six credits from the following:

Any undergraduate or graduate-level SPMD course

ATTR 295	Assessment of Lower Body Injuries (4)
ATTR 296	Assessment of Upper Body Injuries (4)
PHED 260	Motor Development (2)
PHED 431	Motor Learning (3)
SPMD 407	Fitness Center Management (3)
SPMD 434	Intro to Echocardiography (2)
SPMD 508	Exercise Epidemiology (3)
SPMD 515	Diabetes and Obesity (3)
SPMD 518	Sports Supplements (3)

**Credits at EMU: 40-42**

**Transfer Credits 82-84**

**Minimum Credits to Graduate: 124**

#### **Sample Full time Sequences:**

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

##### **Summer Semester Start (7 credits)**

SPMD 144	F,S,W; required for admission	2
SPMD 280	F,S; pre-req BIO 105,CHEM 120, SPMD 202	2
SPMD 380W	F,W,S; pre-req PSY 101	3

##### **Fall (12-13 credits)**

SPMD 305	F,W; pre-req PHY 221	3
SPMD 410	F,W; pre-req SPMD 300 & admitted	4
SPMD 432	F,W; pre-req SPMD 410 & admitted	3
SPMD Elective		2-3

##### **Winter (13-14 credits)**

SPMD 325	W,S; pre-req SPMD 300	2
SPMD 430	F,W; pre-req SPMD 300 & admitted	3
SPMD 431	F,W; pre-req SPMD 300 & admitted	3
SPMD 433	F,W; pre-req SPMD 300, SPMD 305 & admitted	3
SPMD Elective		2-3

##### **Summer or Fall (8 credits)**

<sup>1</sup> SPMD 480L	F,W,S prereq admitted and see note below	8
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##### **Fall Semester Start (14 credits)**

SPMD 144	F,S,W; required for admission	2
SPMD 280	F,S; pre-req BIO 105,CHEM 120, SPMD 202	2
SPMD 305	F,W; pre-req PHY 221	3
SPMD 380W	F,W,S; pre-req PSY 101	3
SPMD 410	F,W; pre-req SPMD 300 & admitted	4

##### **Winter (12 credits)**

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

##### **Summer (6-8 credits)**

SPMD 325	W,S; pre-req SPMD 300	2
SPMD Electives		4-6

##### **Fall Semester (8 credits)**

<sup>1</sup> SPMD 480L	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

NOTE: To enroll in SPMD 480 a GPA of 2.8 or better is required. In addition a grade of B- or better is required in the following courses: SPMD 300, 325, 410, 430, 431, 432, 433, and 480.

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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 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 (SPMD 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, [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.** This is 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 2023 to graduate from EMU using this guide.*

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