

## EXERCISE SCIENCE ARTICULATION AGREEMENT GUIDE

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

### Henry Ford College Courses:

### Eastern Michigan University Courses:

#### Michigan Transfer Agreement (MTA) Requirements (30 credits)

Students with the 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 also satisfy program requirements at EMU and/or HFC. If the MTA or MACRAO are not endorsed on a student's transcript, they must fulfill EMU's General Education program. 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 .....
<b>2. A second course in English Composition or Communication</b>		
SPC 131 Fundamentals of Speaking.....	3	CTAC 124 Foundations of Speech Communication .....
<b>3. A course in Mathematics</b>		
Choose from the approved MTA list.....	4-5	University Elective .....
<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>		
* BIO 233 Anatomy & Physiology I (4) (with BIO 234).....	4	EXSC 201 Human Anatomy (3)+1 .....
CHEM 131 Principles of Chemistry .....	4	CHEM 117/118 Fundamentals of Chemistry.....
<b>5. Two Humanities courses from different disciplines</b>		
Choose from the approved MTA list.....	6	University Electives .....
<b>6. Two Social Science courses from different disciplines:</b>		
* PSY 131 Introductory Psychology .....	3	PSY 101 General Psychology (prereq for EXSC 380).....
Choose from the approved MTA list.....	3	University Elective .....

**If needed, complete additional credits in any of the above categories to meet 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, 252, 261; POLS 152; PSY 296; SOC 152, 251. **This course applies, but does not satisfy the MTA:** BBA 250

#### HFC Fitness Leadership Requirements (47 credits)

AH 105 Basic Life Support for Health Care Providers .....	1/2	HLED 000 University Elective .....	1
BBA 131 Introduction to Business.....	4	COB 200 University Elective .....	4
*BIO 234 Anatomy & Physiology II (with BIO 233) .....	4	EXSC 202 Human Physiology (3)+1 .....	4
Choose one: CIS 100 or HCS 131 .....	3	IS 215 or IHHS 226 University Elective.....	3
HPE 141 Introduction to Health and Wellness .....	3	HLED 120 University Elective .....	3
HPE 151 Methods for Teaching Exercise .....	3	PHED 000 University Elective .....	3
HPE 192 Internship in Physical Education .....	2	PHED 000 University Elective .....	2
HPE 200 Exercise Facility, Equipment and Safety.....	3	PHED 000 University Elective .....	3
HPE 212 Measurement and Prescription of Health & Sport.....	3	PHED 000 University Elective .....	3
* HPE 253 Nutrition for the Professional.....	3	DTC 000 <b>sub for DTC 203 Nutrition for Health Professionals</b> .....	3
HPE 258 Advanced Strength Training .....	3	PHED 000 University Elective .....	3
HPE 260 Nutrition, Health & Physical Edu/Classroom Teacher....	3	HLED 320 University Elective .....	3
HPEA 122 Yoga Based Fitness .....	2	PEGN 160 University Elective .....	2
HPEA 155 Relaxation Techniques for Stress Management.....	2	HLED 000 University Elective .....	2
* Choose one: BIO 270 or HPE 270 Exercise Physiology.....	4	EXSC 300 Exercise Physiology .....	4
Complete one Strength Training & Conditioning: HPEA 117 or 217 .	2	PEGN 101 or PEGN 226 University Elective .....	2
Complete one Volleyball class: HPEA 110 or 210 .....	2	University Elective .....	2

#### EMU Requirements and Electives that May be Taken at HFC or EMU (13 credits)

*BIO 152 Cells and Molecular Biology.....	4	BIO 110/111 Introductory Biology I (5)-1 .....	4
* CHEM 141 Prin of General & Inorganic Chemistry I (5).....	5	CHEM 121/122 General Chemistry I with Lab (4)+1 .....	5
* PHYS 131 General Physics I.....	4	PHY 221 Mechanics, Sound & Heat.....	4

**Credits at HFC: ..... 90 Credits that transfer to EMU .....77**

\* Required for EMU's BS in Exercise Science program with a grade of "B-" or higher. If not transferred, must be completed at EMU.

Note: Students planning to go into medical school, physical therapy school or physician assistant school should take HFC BIO 152 and CHEM 141. CHEM 141 is an acceptable substitution in place of CHEM 131 for the associate degree.

**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 BS in Exercise Science at EMU****Major Requirements (47 credits)****Required Courses (41 credits)**

<sup>1</sup> EXSC 144	Introduction to Exercise Science.....	2
EXSC 205	Quantitative Mthds in Exercise Science ...	3
EXSC 305	Biomechanics.....	3
<sup>2</sup> EXSC 330L4	Practicum in Exercise Science.....	3
<sup>3</sup> EXSC 380W	Exercise and Sport Psychology.....	3
EXSC 405	Pharmacology.....	3
EXSC 410	Exercise Testing.....	4
EXSC 430	Clinical Exercise Electrocardiology.....	3
<sup>3</sup> EXSC 431W	Pathophysiology.....	3
EXSC 432	Exercise Programming and Prescription..	3
EXSC 433	Principles of Sport Performance Training.	3
<sup>2</sup> EXSC 480L4	Internship in Exercise Science.....	8

**EXSC Elective Courses (6 credits)**

Complete six credits from the following:

EXSC 408	Exercise Epidemiology (3)
<sup>4</sup> EXSC 412	Endurance Training & Performance (3)
EXSC 415	Diabetes and Obesity (3)
EXSC 418	Human Cadaver Laboratory (3)
<sup>4</sup> EXSC 419	Sports Spplmnts & Ergogenic Aids (3)
EXSC 435	Intro to Echocardiography (3)

**Credits at EMU: .....47**

**Transfer Credits .....77**

**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 credits)**

EXSC 144	F,W; required for admission.....	2
EXSC 205	F,W,S.....	3
EXSC 305	F,W,S; pre-req PHY 221, EXSC 201 & 202	3
EXSC 405	F,W; pre-req: EXSC 201 & 202.....	3
EXSC Elective.....		3

**Winter (16 credits)**

EXSC 410	F,W; pre-req: EXSC 300 & admitted.....	4
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

**Summer (9 credits)**

<sup>1</sup> EXSC 330L4	F,W,S; pre-req EXSC 300.....	3
EXSC 380W	F,W,S; pre-req PSY 101.....	3
EXSC Elective.....		3

**Fall Semester (8 credits)**

<sup>1</sup> EXSC 480L4	F,W,S prereq admitted.....	8
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<sup>1</sup> Required for admission to EMU's Exercise Science Program with a grade of B- or better.

<sup>2</sup> Satisfies EMU's Learning Beyond the Classroom requirement

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

<sup>4</sup> Recommended for students on this agreement

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. Each institution will determine the satisfaction of their individual program and degree requirements. Both institutions agree to accept transferrable courses from each other and from other regionally accredited institutions. HFC courses indicated with an \* are required for EMU’s BS in Exercise Science. Substitutions for these courses must be approved by the EMU program coordinator.
2. Students with the 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. 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 applied to transfer students. The MTA may be completed after admission to EMU, however, students should inform their advisors or they may be advised to complete additional courses for the general education program. If already on the transcript, the MACRAO designation will be accepted at EMU after August 2019.*
3. Only courses with a grade of “C” or better (2.0 on a 4.0 scale) will be accepted for transfer to either institution.
4. Under this agreement, EMU will waive the 60-hour rule and require that a minimum of 30 credit hours must be completed in EMU courses, with at least 15 hours in the program at the 300-level or above. Of the last 30 hours completed before graduating, a minimum of 10 credit hours must be in courses offered by EMU. A minimum of 124 credit hours, completed in-residence or accepted in transfer, is required for graduation.
5. Students must satisfy all admission requirements at the time of application for admission to EMU, including submitting transcripts from all previously attended colleges. HFC students will receive equal consideration with other students for course registration and financial aid.
6. Admission requirements for BS in Exercise Science
  - Declaration of intent to major in exercise science
  - An overall EMU GPA of 2.80 or higher (transfer GPA evaluated separately)
  - Completion of all pre-candidacy courses in the Exercise Science major with a “B-“ or better.
7. Students are encouraged to contact EMU’s BS in Exercise Science program coordinator before applying to EMU. To facilitate advising and the evaluation of transcripts, sign up for this articulation agreement using this link [www.emich.edu/ccr/trackingsystem/Enter.php](http://www.emich.edu/ccr/trackingsystem/Enter.php), and bring a copy of this articulation guide to all advising sessions.

### Effective Date: September 1, 2019 until August 31, 2022.

This is a renewal of an agreement made in September 2008, renewed in September 2012 and extended in September 2018. 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:

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#### Eastern Michigan University

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