

**IOWA STATE UNIVERSITY**  
**College of Human Sciences**  
**Kinesiology and Health Major**

**Transfer Planning Guide for**  
**Des Moines Area Community College**  
**Based on the Iowa State University 2019-20 Catalog**  
**Updated June 2019**

The courses listed below can be taken at Des Moines Area Community College to satisfy requirements of the Kinesiology & Health major at Iowa State University. This document was accurate on the date it was prepared, but may not reflect subsequent changes by Iowa State or DMACC. For this reason, this transfer plan should be used as a guide only, and should not replace contact with a DMACC adviser and an Iowa State adviser. For clarification or additional information regarding this ISU curriculum contact:

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No more than 65 semester credit hours earned at a two-year college can be applied to a baccalaureate degree at Iowa State University. Iowa State will accept up to 16 semester hours of credit earned in vocational-technical courses if the sending community college accepts such courses toward its Associate in Art or Associate in Science degrees.

**DMACC**

<b>COURSE #</b>	<b>COURSE</b>	<b>ISU Equivalent</b>	<b>Credits</b>
<b>Communication Skills (required - need grade of "C" or better in composition courses)</b>			
ENG 105	Composition I	ENGL 150	3
ENG 106	Composition II	ENGL 250	3
SDV 171	Library Instruction	LIB 160	1
SPC 101	Fundamentals of Oral Communication	SP CM 212	3

**Humanities (6 credits from any classes below)**

*ISU students must complete a 3 credit course fulfilling U.S. Diversity (USD) and a 3 credit course fulfilling International Perspectives (IP) requirements. Humanities courses that also fulfill these university requirements are indicated below with the ISU equivalent.*

ART 101	Art Appreciation	ART 1T**	3
DRA 101	Introduction to Theatre	THTRE 106	3
FLA 141	Elementary Arabic I	ARABC 101	4
FLA 142	Elementary Arabic II	ARABC 102 (IP)	4
FLA 241	Intermediate Arabic 1	ARABC 201 (IP)	4
FLA 242	Intermediate Arabic II	ARABC 202X (IP)	4
FLC 141	Elementary Chinese I	CHIN 101	4
FLC 142	Elementary Chinese II	CHIN 102 (IP)	4
FLC 241	Intermediate Chinese I	CHIN 201 (IP)	4
FLC 242	Intermediate Chinese II	CHIN 202 (IP)	4
FLF 141	Elementary French I	FRNCH 101	5
FLF 142	Elementary French II	FRNCH 102 (IP)	5
FLF 241	Intermediate French I	FRNCH 201 (IP)	4
FLF 242	Intermediate French II	FRNCH 202 (IP)	4
FLG 141	Elementary German I	GER 101	4

FLG 142	Elementary German II	GER 102 (IP)	4
FLG 241	Intermediate German I	GER 201 (IP)	4
FLG 242	Intermediate German II	GER 202 (IP)	4
FLS 151	Elementary Spanish I	SPAN 101	5
FLS 152	Elementary Spanish II	SPAN 102 (IP)	5
FLS 241	Intermediate Spanish I	SPAN 201 (IP)	4
FLS 242	Intermediate Spanish II	SPAN 202 (IP)	4
GLS 199	Japan: The Changing Tradition	HUM 1T**	2
GLS 220	The Middle East and Islam	HUM 2T**	3
GLS 230	Latin America	HUM 2T**	3
HIS 112	West Civ: Ancient to Early Modern	HIST 201 (IP)	4
HIS 113	West Civ: Early Modern to Present	HIST 202 (IP)	4
HIS 150	U.S. History to 1877	HIST 221	4
HIS 153	U.S. History since 1877	HIST 222	4
HIS 201	Iowa History	HIST 2T**	3
HIS 211	Modern Asian History	HIST 2T**	3
HIS 216	History of Modern Russia	HIST 2T**	4
HIS 249	Study Abroad: British Life and Culture	HIST 2T** (IP)	4
HIS 257	African-American History	HIST 2T** (USD)	3
HIS 266	The Civil War	HIST 2T**	3
HUM 116	Encounters in Humanities	HIST 2T**	3
HUM 121	America in the Movies	HUM 1T**	3
HUM 249	Study Abroad: British Life and Culture	HUM 2T**	3
ITR 109	Interpretation/Translation Ethics I	HUM 1T**	3
ITR 209	Interpretation/Translation Ethics II	HUM 1T**	3
LIT 101	Intro to Literature	ENGL 201	3
LIT 105	Children's Literature	HD FS 240 (USD)	3
LIT 110	American Literature to Mid 1800's	ENGL 227	3
LIT 111	American Literature since Mid 1800's	ENGL 228	3
LIT 130	African-American Literature	ENGL 2T** (USD)	3
LIT 142	Major British Writers	ENGL 2T**	3
LIT 150	World Literature I	ENGL 2T**	3
LIT 151	World Literature II	ENGL 2T**	3
LIT 185	Contemporary Literature	ENGL 2T**	3
LIT 190	Women Writers	ENGL 2T** (USD)	3
LIT 193	Humor in Literature	ENGL 2T**	3
MUS 100	Music Appreciation	MUSIC 102 (IP)	3
MUS 204	History of Rock and Roll	MUSIC 2T** (USD)	3
MUS 205	Jazz History and Appreciation	MUSIC 2T** (USD)	3
PHI 101	Introduction to Philosophy	PHIL 201	3
PHI 105	Introduction to Ethics	PHIL 230	3
PHI 110	Introduction to Logic	PHIL 206	3
REL 101	Survey of World Religions	RELIG 205 (IP)	3
REL 150	Introduction to the Bible	RELIG 1T**	3

### Social Sciences (required)

PSY 121	Developmental Psychology	PSYCH 230	3
SOC 110	Introduction to Sociology	SOC 134	3

### Social Sciences Electives (ES, PAHP, and some PHP options require an additional 3 credits)

**ISU students must complete a 3 credit course fulfilling U.S. Diversity (USD) and a 3 credit course fulfilling International Perspectives (IP) requirements. Social Science courses that also fulfill these university requirements are indicated below with the ISU equivalent.**

AGB 101	Agricultural Economics	ECON 101	3
AGC 420	Agricultural Issues	GLOBE 220	3
ANT 105	Cultural Anthropology	ANTHR 201 (IP)	3
ANT 110	Faces of Culture	ANTHR 201 (IP)	3
CRJ 100	Intro to Criminal Justice	CJ ST 240	3
CRJ 137	Juvenile Law	SOC 241	3
ECE 215	Home, School, and Community Relations	HD FS 2T** (USD)	3
ECN 120	Principles of Macroeconomics	ECON 102	3
ECN 130	Principles of Microeconomics	ECON 101	3
GEO 111	Introduction to Geography	S SCI 1T**	3
GEO 124	Reg Geog of the NonWest World	S SCI 1T**	3
GEO 125	Regional Geog of the Dev World	S SCI 1T**	3
GLS 235	Intro to International Studies	INTST 235 (IP)	3
JOU 110	Introduction to Mass Media	JL MC 101	3
JOU 113	Gender, Sexuality, and Media	JL MC 1T** (USD)	3
JOU 114	Diversity and the Media	JL MC 1T** (USD)	3
POL 111	American National Government	POL S 215	3
POL 121	International Relations	POL S 251 (IP)	3
POL 125	Comparative Government and Politics	POL S 241 (IP)	3
PSY 111	Introduction to Psychology	PSYCH 101	3
PSY 251	Social Psychology	PSYCH 280	3
PSY 261	Human Sexuality	HD FS 276 (USD)	3
PSY 281	Educational Psychology	PSYCH 333	3
SOC 115	Social Problems	SOC 235 (USD)	3
SOC 120	Marriage and Family	SOC 219	3
SOC 200	Minority Group Relations	SOC 2T** (USD)	3
SPC 126	Interpersonal and Small Group Communication	COMST 102	3

### **Biological Sciences (required)**

BIO 168*	Anatomy and Physiology I	BIOL 255, 255L	4
BIO 173*	Anatomy and Physiology II	BIOL 256, 256L	4

**\*BIO 168 & 173 both need to be taken to transfer as BIOL 255, 255L & BIOL 256, 256L**

### **Kinesiology Requirements (required)**

PEH 102	Health	H S 110	3
PEA 144	Physical Fitness & Conditioning	KIN 258	2

**OPTION-SPECIFIC REQUIREMENTS: There are five career options within Kinesiology and Health: 1) Community and Public Health, 2) Exercise Science, 3) Physical Activity and Health Promotion, 4) Pre-health Professions, and 5) Physical Education Teacher Education Licensure. Talk with an adviser at ISU to determine which option fits your career interest. The following are additional courses that can be taken at DMAAC, depending on the career interest you have.**

### **COMMUNITY AND PUBLIC HEALTH (CPH)**

BIO 112	General Biology I	BIOL 2T**	4
BIO 151	Nutrition	FS HN 167	3
BIO 186 or	Microbiology with Lab	MICRO 2T**	4

BIO 732	Health Science Microbiology	MICRO 2T**	4
CHM 122 <b>or</b>	Introduction to General Chemistry	CHEM 163 and 163L	4
CHM 165	Gen/Inorganic Chemistry I	CHEM 177 and 177L	4
ECE 130	Emergency Care	H S 105	1
MAT 157	Statistics	STAT 101	4
PSY 111	Introduction to Psychology	PSYCH 101	3

### EXERCISE SCIENCE (ES)

BIO 151	Nutrition	FS HN 167	3
MAT 121 <b>or</b>	College Algebra	MATH 140	4
MAT 129 <b>or</b>	Precalculus	MATH 1T**	5
MAT 130 <b>or</b>	Trigonometry	MATH 1T**	3
MAT 211	Calculus I	MATH 165	5
MAT 157	Statistics	STAT 101	4
PEA 248	Advanced Strength and Conditioning	KIN 266	2
PEH 265	Leadership Techniques for Fitness Programs	KIN 259	2
PET 110	Introduction to Athletic Training	A TR 220	2
PHY 106 <b>or</b>	Survey of Physics	PHYS 1T**	4
PHY 160	General Physics I	PHYS 111	5

### PHYSICAL ACTIVITY AND HEALTH PROMOTION (PAHP)

BIO 112	General Biology I	BIOL 2T**	4
BIO 151	Human Nutrition	FS HN 167	3
BIO 186 <b>or</b>	Microbiology with Lab	MICRO 2T**	4
BIO 732	Health Science Microbiology	MICRO 2T**	4
CHM 122 <b>or</b>	Introduction to General Chemistry	CHEM 163 and 163L	4
CHM 165	Gen/Inorganic Chemistry I	CHEM 177 and 177L	4
MAT 157	Statistics	STAT 101	4

### PRE-HEALTH PROFESSIONS (PHP) - This option prepares students for professional school - PT, OT, PA, Human Medicine, etc. Be sure to check which sciences you will need to qualify for the professional school you are interested in.

BIO 112*	General Biology I	BIOL 2T**	4
BIO 113*	General Biology II	BIOL 2T**	4
<b>*BIO 112 &amp; BIO 113 must both be taken to transfer as BIOL 211, 211L &amp; BIOL 212, 212L</b>			
CHM 165	Gen/Inorganic Chemistry I	CHEM 177 and 177L	4
CHM 175	Gen/Inorganic Chemistry II	CHEM 178 and 178L	4
CHM 263	Organic Chemistry I	CHEM 331 and 331L	4
CHM 273	Organic Chemistry II	CHEM 332 and 332L	5
MAT 121 <b>or</b>	College Algebra	MATH 140	4
MAT 129 <b>or</b>	Precalculus	MATH 1T**	5
MAT 130 <b>or</b>	Trigonometry	MATH 1T**	3
MAT 211	Calculus I	MATH 165	5
MAT 157	Statistics	STAT 101	4
PHY 160	General Physics I	PHYS 111	5
PHY 161	General Physics II	PHYS 112	5

### PHYSICAL EDUCATION TEACHER EDUCATION LICENSURE (PEL)

BIO 151	Nutrition	FS HN 167 (for 5-12 health endors.)	3
ECE 130	Emergency Care	H S 105	1
EDU 213	Introduction to Education	EDUC 204	3

HIS 150 or	US History to 1877	HIST 221	4
HIS 153 or	US History since 1877	HIST 222	4
POL 111	American National Government	POL S 215	3
MAT 121 or	College Algebra	MATH 140	4
MAT 129 or	Precalculus	MATH 1T**	5
MAT 130 or	Trigonometry	MATH 1T**	3
MAT 141 or	Finite Mathematics	MATH 104	4
MAT 211 or	Calculus I	MATH 165	5
MAT 157	Statistics	STAT 101	4
PHY 106 or	Survey of Physics	PHYS 1T**	4
PHY 160	General Physics I	PHYS 111	5
PSY 261	Human Sexuality	HD FS 276 (for 5-12 health endors.)	3

**Graduation Requirements -- a minimum of 124 credits must be earned to graduate with no more than 65 credits applied from community college work. In addition, 46 credits from 300+ course work must also be completed. A Bachelor of Science degree in Kinesiology and Health is awarded upon completion of coursework at Iowa State University.**

Vertical line