

**IOWA STATE UNIVERSITY**  
**Kinesiology and Health Exercise Science Major Transfer Plan**

**EXERCISE SCIENCE MAJOR TRANSFER PLANNING GUIDE**  
**DES MOINES AREA COMMUNITY COLLEGE**  
Based on the Iowa State University 2023 – 2024 Catalog  
Updated November 2023

The [Kinesiology and Health major](#) involves the biological and behavioral study of physical activity and its impact on health, society, and the quality of life. The [Exercise Science option](#) focuses on the study of exercise prescription and how the body responds to various types of exercise.

This transfer plan is based on the [Exercise Science Transfer Major](#) designed by the Iowa Department of Education.

**Important notes:**

- **Students will be required to follow the Exercise Science [academic plan](#).** Courses can be met prior to transferring and once at Iowa State. All courses need to be taken in order to earn a Bachelor Science degree.
- **How to read this transfer plan:**
  - **Community college curriculum (prior to transfer).**
    - Community college courses, in addition to their Iowa State equivalents, are listed.
    - The Iowa State equivalents can be compared to the courses on the sample academic plan.
  - **Iowa State curriculum (after transferring).**
    - The sample curriculum provided is what a student would tentatively take after transferring to Iowa State.
  - **Course Suggestions**
    - Courses are listed that will meet community college and Iowa State requirements.
    - Use this to choose humanities, social sciences, electives, etc.
- **Larger credit loads and/or summer classes may be required at Iowa State.** This will depend on what has been completed, and will be evaluated on an individual basis with the assistance of an Iowa State advisor.
- **Iowa State advisors will work closely with students to identify any courses that still need to be taken.** Depending on what was taken at the community college, most courses will already be met. In other cases, some requirements may need to be added if courses on the sample plan are not met with previous transfer work.
- **No more than 65 semester credit hours can be transferred from a community college.** 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.
- **This document was accurate on the date it was prepared, but may not reflect subsequent changes by Iowa State or this community college.** For this reason, this transfer plan should not replace close contact with an advisor at your community college and/or Iowa State.
- **For more information or help with Iowa State advising questions, please contact:**

Lisa Phillips  
Assistant Director of Academic Advising  
[lisap1@iastate.edu](mailto:lisap1@iastate.edu)  
515-294-2029

**IOWA STATE UNIVERSITY**  
**Kinesiology and Health Exercise Science Major Transfer Plan**

**COMMUNITY COLLEGE TRANSFER MAJOR**

**Year One: Fall**

Community College Course	ISU Course	Notes	Credits
ENG 105	ENGL 150		3
MAT 156	STAT 101		3
PEH 102	H S 110		3
PEH 162	Elective		3
SOC 110	SOC 134		3
SDV 108 or SDV 129	Elective		1

**Year One: Spring**

Community College Course	ISU Course	Notes	Credits
ENG 106	ENGL 250		3
PEH 141	Elective		2
BIO 112	Elective		4
<a href="#">AA Degree Core Humanities</a>	Humanities requirement	Make one/both US Diversity and/or International Perspectives. See <a href="#">pg 4</a> for course suggestions.	6

**Year Two: Fall**

Community College Course	ISU Course	Notes	Credits
BIO 168	BIOL 255, 255L*	See biology note below.	4
PEA 144	KIN 258		2
SPC 101	SP CM 212		3
<a href="#">AA Degree Core Humanities</a>	Humanities requirement	Take US Diversity or International Perspectives (if haven't already). See <a href="#">pg 4</a> for suggestions.	3
4 credits <a href="#">AA Degree Distributed</a> (PHY 106 recommended)	PHYS 115 (or math recommended)	If not taking physics, math is recommended (see <a href="#">pg 6</a> ).	4

**Year Two: Spring**

Community College Course	ISU Course	Notes	Credits
BIO 151	FS HN 167		3
BIO 173	BIOL 256, 256L*	See biology note below.	4
4 credits Elective credits	Varies	See <a href="#">pgs 4-6</a> for suggestions.	4
6 credits <a href="#">AA Degree Social Behavioral Sciences</a>	PSYCH 101 or 230 (if PSY 111 or 121 taken). Social Science Choice	Take PSY 111 or 121, plus 3 other credits of soc science. See <a href="#">pg 6</a> for suggestions.	6

**NOTES**

**\*Biology Note:** BIOL 168 and 173 *both* need to be taken to transfer as BIOL 255, 255L, and BIOL 256, and 256L.

**Humanities/electives/additional courses:** Students should use the suggestions on [pages 4-6](#), in addition to the advice of their community college advisor, to choose courses that will meet both the requirements of their community college and Iowa State's curriculum.

**IOWA STATE UNIVERSITY**  
**Kinesiology and Health Exercise Science Major Transfer Plan**

**IOWA STATE ACADEMIC PLAN**

YEAR THREE: FALL	
ISU COURSE	CREDITS
KIN 252	1
KIN 253	1
LIB 160	1
KIN 259	3
KIN 266	2
MATH 140, MATH 143, MATH 145 <i>or</i> MATH 165*	3-4
KIN 345	3
	<b>14-15</b>

YEAR THREE: SPRING	
ISU COURSE	CREDITS
A TR 220 <i>or</i> H S 305	2
KIN 285	1-2
H S 350	3
KIN 358*	3
KIN 359	1
KIN 372*	3
KIN 366	3
KIN 385	.5
	<b>16.5-17.5</b>

YEAR THREE: SUMMER	
ISU COURSE	CREDITS
ENGL 302 <i>or</i> ENGL 314*	3
	<b>3</b>

YEAR FOUR: FALL	
ISU COURSE	CREDITS
H S 380	3
KIN 355*	3
KIN 458	4
KIN 459	1
KIN 462	3
KIN 473	1
KIN 480	3
	<b>18</b>

YEAR FOUR: SPRING	
ISU COURSE	CREDITS
KIN 485A (Internship in Exercise Science)**	8-12
	<b>8-12</b>

**NOTES**

**\*Summer courses:** To stay on track for a 2-year graduation plan, Iowa State advisors suggest at least 3 credits of summer courses. Classes marked with a \* can be taken in the summer. Multiple courses can be taken if a student chooses.

**\*\*Internship course:** This internship must be taken after all other courses are completed. The number of credits assigned to the internship will depend on the number of credits the student has left to meet graduation requirements. An academic advisor and the Kinesiology internship coordinator will help the student determine how many internship credits to take.

**Graduation term:** If a student is concerned by the difficulty/number of courses listed in each semester, they have the option of moving the internship course to the summer in year four. This would allow the student to take a full load of classes in the spring semester. The student would graduate in the summer term, but participate in the spring ceremony (just as they would if they did their internship in the spring semester).

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

**IOWA STATE UNIVERSITY**  
**Kinesiology and Health Exercise Science Major Transfer Plan**

**COURSE SUGGESTIONS**

**Students should work with their community college advisor to determine if taking any course below is in their best interest and if they fulfill requirements for their program.**

**HUMANITIES SUGGESTIONS**

ISU students must complete a 3-credit course for U.S. Diversity (USD) and a 3-credit course for International Perspectives (IP) . Humanities courses that also meet these requirements are noted below.

Courses listed without direct equivalents (1T\*\*, 2T\*\*, etc.), will transfer and count towards this requirement. These courses have been approved by the department. This applies to this transfer plan only.

<b>Community College Course</b>	<b>Title</b>	<b>ISU Course</b>	<b>Credits</b>
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

**IOWA STATE UNIVERSITY**  
**Kinesiology and Health Exercise Science Major Transfer Plan**

**HUMANITIES SUGGESTIONS (continued)**

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

**IOWA STATE UNIVERSITY**  
**Kinesiology and Health Exercise Science Major Transfer Plan**

**SOCIAL BEHAVIORAL SCIENCES SUGGESTIONS**

The courses below are part of the Social Behavioral Sciences requirement at this community college.

**Iowa State advisors strongly suggest that students take PSY 111 or 121 as one of the courses to fulfill this requirement. This will meet the PSYCH 101 or 230 requirement at Iowa State.**

In addition, students can choose any other course from this list. It will be used to meet the Social Science Choice requirement in the Exercise Science plan.

Courses listed without direct equivalents (1T\*\*, 2T\*\*, etc.), will transfer and count towards this requirement. These courses have been approved by the department. This applies to this transfer plan only.

Community College Course	Title	ISU Course	Credits
ANT 105	Cultural Anthropology	ANTHR 201 (IP)	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
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 111	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 121	Developmental Psychology	PSYCH 230	3
PSY 251	Social Psychology	PSYCH 280	3
PSY 261	Human Sexuality	HD FS 276 (USD)	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

**ADDITIONAL COURSE SUGGESTIONS**

Iowa State advisors recommend the courses below for additional courses (to fulfill additional requirements, electives, etc.).

Courses listed without direct equivalents (1T\*\*, 2T\*\*, etc.), will transfer and count towards this requirement. These courses have been approved by the department. This applies to this transfer plan only.

Community College Course	Title	ISU Course	Credits
MAT 121 or MAT 129 or MAT 130 or MAT 211	College Algebra Precalculus Trigonometry Calculus I	MATH 140 MATH 143 MATH 1T** MATH 165	4 5 3 5
MAT 156	Statistics	STAT 101	4
PEA 248	Advanced Strength and Conditioning	KIN 266	2
PEH 266	Leadership Techniques for Fitness Programs	KIN 259	3
PET 110	Introduction to Athletic Training	A TR 220	2