

## Aims2UNC Curriculum Map\*

Liberal Arts, A.A. / Sport and Exercise Science – Human Performance Concentration, B.S.

2023-2024 Catalog
Degree Requirements – 120 Credits

\*Curriculum Map for students transitioning from Aims Community College to the University of Northern Colorado for the purpose of completing a bachelor's degree. An AA/AS degree from Aims will result in a waiver of UNC's Liberal Arts Curriculum (general education) and the transfer of at least 60 credits depending on course grades from Aims. Courses with grades below a C- will not transfer to UNC, which could result in a transfer of fewer than 60 credits. Please note that course offerings are subject to availability and Curriculum Maps are subject to change. Please see Aims2UNC advisor for appropriate sequence of Aims courses and further information.

AIMS COMMUNITY COLLEGE – 60 Credits					
YEAR 1 – FALL: 14 credits		YEAR 1 – SPRING: 16 credits			
ENG 1021 English Composition I (GT-CO1) ** (UNC Equivalent: ENG 122 College Composition)	3 credits	ENG 1022 English Composition II (GT-CO2) ** (UNC Equivalent: ENG 123 College Research Paper)	3 credits		
Recommend MAT 1340 – College Algebra (UNC Equivalent: MATH 124 – College Algebra) OR any Mathematics [GT-MA1] course **	4 credits	BIO 1111 – <b>General College Biology w/Lab</b> (UNC Equivalent: BIO 110 – Principles of Biology)	5 credits		
PED 1000 – Fitness Concept	1 credit	Any Arts & Humanities [GT-AH1, AH2, AH3, AH4] course **	3 credits		
Recommend PSY 1001 – General Psychology I OR any Social & Behavioral Sciences [GT-SS1, SS2, SS3] course **	3 credits	CHE 1011 – Intro to Chemistry I w/Lab (UNC Equivalent: CHEM 101 – Chemistry for Citizens AND CHEM 102 – Chemistry for Citizens Laboratory)	5 credits		
HWE 1062 – Health & Wellness (UNC Equivalent: HURS 209 – Foundations of Health Promotion/Health Education)	3 credits				
YEAR 2 – FALL: 15 credits		YEAR 2 – SPRING: 15 credits			
HWE 1050 – Human Nutrition (UNC Equivalent: FND 250 – Principles of Nutrition)	3 credits	Any Arts & Humanities [GT-AH1, AH2, AH3, AH4] OR any Social & Behavioral Sciences [GT-SS1, SS2, SS3] OR any History [GT-HI1] course **	3 credits		
CHE 1012 – Intro to Chemistry II w/Lab (UNC Equivalent: CHEM 281 – Fundamentals of Biochemistry)	5 credits	BIO 2102 – Human Anatomy & Physiology II w/Lab (UNC Equivalent: BIO 246 – Advanced Human Anatomy and Physiology)	4 credits		
Recommend PHI 1012 – Ethics (UNC Equivalent: PHIL 150 – Moral Issues) OR any Arts & Humanities [GT-AH1, AH2, AH3, AH4]	3 credits	HPE 2031 – Prev. & Care of Sport Injuries  (UNC Equivalent: SES 280 – Prevention and Care of Sports Injuries)	3 credits		
BIO 2101 – Human Anatomy & Physiology I w/Lab (UNC Equivalent: BIO 245 – Introduction to Human Anatomy and Physiology)	4 credits	Recommend HIS 2015 – 20th Century World OR any History [HI1] course **	3 credits		
		PED 1003 – Weight Training II	2 credits		
UNIVERSITY OF NO	ORTHERI	N COLORADO – 60 Credits			
YEAR 3 – FALL: 15 credits		YEAR 3 – SPRING: 15 credits			
SES 123 - Intro to Sport and Exercise Science*	3 credits	SES 324 - Exercise Physiology II	3 credits		
SES 220 - Anatomical Kinesiology	4 credits	SES 331 - Biomechanics	3 credits		
SES 322 - Exercise Physiology I	3 credits	SES 333 - Psychology of Exercise & Physical Activity	3 credits		
SES 323, 405, 410, 431, or 480	3 credits	SES 323, 405, 410, 431, or 480	3 credits		
University Wide elective	2 credits	University Wide elective	3 credits		

YEAR 4 – FALL: 15 credits		YEAR 4 – SPRING: 15 credits	
SES 426 - Motor Control	3 credits	SES 492 - Internship	12 credits
SES 490 - Exercise Assessment & Program	3 credits	University Wide elective	3 credits
SES 323, 335, 337, 405, 410, 424, 431, 436 or 480	6 credits		
University Wide elective	3 credits		

<sup>\*</sup>Assuming student has a transfer of at least 60 credits

## **Contact Information –**

Department: Kinesiology, Nutrition, and Dietetics Website: www.unco.edu/nhs/sport-exercise-science/

Phone: 970-351-1738

## Program Admission Requirements -

Academic Good Standing.

## Notes -

This four-year plan is a <u>recommended schedule</u> to complete your bachelor's degree in 4 years. Every UNC student must meet the following requirements in order to graduate with a bachelor's degree: earn a minimum of 120 semester credit hours; possess a minimum of a 2.00 cumulative grade point average; meet all degree requirements in the student's major field of study. Each major and/or concentration may have additional requirements necessary for graduation. Students must consult with their major advisor to receive information on any additional graduation requirements. View the <u>UNC Undergraduate Catalog</u> for current degree requirements.

<sup>\*\*</sup>For a full listing of approved Guaranteed Transfer (GT) courses in these categories please refer to the current catalog.