

College of DuPage & Aurora University
Kinesiology Transfer Track (AS) 2 + 2 Exercise Science (BS) +1 Master of Science in Exercise Science (MS)
Transfer Guide

First Year at College of DuPage

COD First Semester	AU	COD Second Semester	AU
ENGLI 1101 English Composition I (3)	ENG1000 Composition	ENGLI 1102 Composition II (3)	ENG Elective
MTH 1218 General Education Mathematics (3)	MTH1030 Quantitative Reasoning	ANAT 1551 Human Anatomy & Physiology I (4) or ANAT 1571 Anatomy and Physiology w/Cadaver I (4)	BIO 2660 Anatomy & Physiology I
BIOLO 1100 Survey of Biology (4)	BIO1210 Biology of Cells	Humanities course (3)	Elective or General Education Requirement
PHYS 2200 Introduction to Physical Education (3)	PED Elective	SPEEC 1100 Fundamentals of Speech Communications (3)	COM 1550 Professional Communication
Fine Arts Course (3)	Elective or General Education Requirement	Humanities or Fine Arts Course (3)	Elective or General Education Requirement

Second Year at College of DuPage

Third Semester		Fourth Semester	
ENGLI 1102 First-Year Composition II (3)	Elective	PHYS 2261 Applied Kinesiology (3)	EXS 3215 Kinesiology
ANAT 1552 Human Anatomy and Physiology II (4) or ANAT 1572 Anatomy and Physiology w/Cadaver II (4)	BIO 2670 Anatomy & Physiology II	PHYS 2240 Introduction to Sport Psychology (3)	EXS 3480 Sport Psychology
PSYCH 1100 General Psychology (3)	PSY 1100 General Psychology	Social and Behavioral Science course (3)	Elective or General Education Requirement
Social and Behavioral Science course (3)	Elective or General Education Requirement	Physical Science Course (3-5)	Elective or General Education Requirement
PHYS 2258 Science of Nutrition (3)	BIO 2080 Nutrition and Health Promotion		

Third Year at Aurora University

Fifth Semester	Sixth Semester
IDS 3500 Junior Mentoring (.5)	IDS 3550 Junior Mentoring (.5)
EXS 2230 Olympic Style Weightlifting I (1)	EXS 3550 Principles of Strength and Conditioning (4)
EXS 2235 Olympic Style Weightlifting II (1)	EXS 2500 Prevention and Care of Athletic Injuries (4)
EXS 3230 Physiology of Exercise (4)	Elective Course (4)
EXS 3460 Sports Nutrition (4)	
Emphasis Course* (4)	

Fourth Year at Aurora University

Seventh Semester	Eighth Semester
EXS 4120 Exercise Science Capstone (4)	EXS 4250 Exercise Science Internship (4)
EXS 2080 First Aid/CPR (1)	Emphasis Course* (4)
Emphasis Course* (4)	Elective Course (4)
Elective Course (4)	

**Choose emphasis from Sport Performance or Fitness and Wellness Promotion.*

Two Emphases:

Sports Performance

PED 2080 - First Aid and CPR
 EXS 3240 - Biomechanics
 EXS 4120 - Exercise Science Capstone
 EXS 4250 - Exercise Science Internship
 EXS 4350- Advanced Sports Performance and Program Design

Fitness and Wellness Promotion

HED 3260 - Strategies in Health Promotion
 PED 2080 - First Aid and CPR
 EXS 3250 - Fitness Assessment and Program Design
 EXS 4120 - Exercise Science Capstone
 EXS 4250 - Exercise Science Internship

Master of Science in Exercise Science

Highly qualified students can earn a master of science degree in exercise science in just one additional year. Entrance requirements include 3.0 GPA and completion of all necessary coursework. Master of Science in Exercise Science (Plus One) offers students an advanced degree with extensive clinical and hands on experience engaging in strength training and conditioning with collegiate athletes. Also included is an iPad with

technology for strength training and conditioning, all textbooks included, a USAW certification, and a high-impact internship. For more information: <https://aurora.edu/academics/graduate/exercise-science/index.html>

Fifth Year at Aurora University – MS in Exercise Science

Summer (June-August)	Fall (August-December)	Spring (January-May)
EXS 6100 – Advanced Exercise Physiology (3)	EXS 6250 – Advanced Methods of Strength and Conditioning (3)	EXS 6040 – Management in Exercise and Sport (3)
EXS 6110 – Advanced Exercise Physiology Lab (3)	EXS 6010 – Research Methods in Exercise and Sport (3)	EXS 6260 – Program Evaluation and Analysis (3)
EXS 6270 – Applied Biomechanical Principles (3)	EXS 6020 – Nutrition for Sports Performance (3)	EXS 6500 – Exercise Physiology Graduate Internship (3)
	EXS 6030 – Applied Sports and Exercise Psychology (3)	