

Lake Superior State University—Transfer Guide

Sault College – Fitness and Health Promotion Diploma Program

Transfer Major: Bachelor of Science in Kinesiology

Contacts:	Lisa Maida Sault College 705-759-2554	Valid For:	Beginning 2018 Academic Year
	Dr. Eric Statt Lake Superior State University (906) 635-2554, estatt@lssu.edu		Duration is until curricular changes support modification

Sault College Fitness and Health Promotion		LSSU Equivalency		LSSU Bachelor of Science in Kinesiology	
CMM 110 Communication	3	ENGL110 First Year Composition I	3	Courses to Complete Program Core Requirements:	
FIT101 Interpersonal Communication Skills in Fitness	3	KINS Elective	3	ENGL 111 Freshman Composition II	3
FIT 107 Functional Anatomy	3	KINS Elective	3	COMM 101 Fundamentals of Speech	3
FIT 108 Personal Wellness	3	KINS 140 Health and Fitness	3	Natural Science Gen Ed	3
FIT 109 Leadership I - Healthy Active Living for Children	3	KINS Elective	3	Humanities Gen Ed	3-6
OPA 104 Human Movement	4	KINS 141 Intro to Movement (3+1)	4	Diversity Gen Ed	0-3
PNG 111/121 Anatomy and Physiology I	3	BIOL 105/177 Function of Human Body/Elective	3	KINS 358 Research Methods in Kins.	3
PSY 120 Lifespan Development	3	PSYC 155 Lifespan Development	3	KINS 401 Internship I	2
FIT 151 Group Fitness	3	KINS Elective	3	KINS 402 Internship II	2
FIT 153 Leadership II-Healthy Active Living for Adults	4	KINS Elective	4	KINS 428 Psychology of Exercise and Rehabilitation	3
FIT154 Research and Trends in Exercise Science	3	KINS 101 Foundations in Kinesiology	3	KINS 444 Exercise Prescription	3
FIT 155 Applied Exercise Physiology I	3	KINS Elective	3	KINS 481 Professional Develop Sem	1
FIT 156 Fitness Assessments I	3	KINS Elective	3	Courses to Complete Human Performance Concentration:	
NTR 101 Sport Nutrition	3	KINS 275 Nutrition for Sport and Exercise Performance	3	KINS 262 Exercise Physiology I	3
GEN100 Global Citizenship	3	GEN ED (Social Sciences): SOGE 100	3	KINS 344 Kinesiology	3
FIT 202 Health Promotion 1 Foundations	3	KINS Elective	3	KINS 346 Therapeutic Ex Rehab	3
FIT 203 Prevention and Management/Injury	3	KINS 230 Athletic Injury and Illness Prevention	3	KINS 348 Fitness Eval II-Lab	3
FIT 204 Leadership III-Healthy Active Living for Special Populations	5	KINS 105 Prog Development and Leadership (3+2)	5	KINS 434 Neurological Basics	3
FIT 206 Applied Exercise Physiology II	3	KINS Elective	3	KINS 452 Allied Health Administration	3
FIT 207 Fitness Assessments II	3	KINS 268 Fitness Eval I: Functional Assessment	3	CHEM 108/109 Appl Chem or higher*	4
FIT 251 Exercise Prescription	4	KINS 265 Personal Fit Training (3+1)	4	MATH 110 Expl in Math or higher*	3
GAS 109 Music and Pop Culture	3	GEN ED (HUMN): MUSC 221	3	MATH 207, PSYC 210, BUSN 211 or BIOL 280 Statistics	3
OR		OR		Courses to Complete Rehabilitation Science Concentration:	
SSC 102 Introduction to Aboriginal Peoples of Canada	3	GEN ED (Diversity): SDGE 100	3	KINS 262 Exercise Physiology I	3
FIT 205 The Business of Fitness	4	KINS 295 Facility and Program Operations (3+1)	4	KINS 344 Kinesiology	3
FIT 252 Health Promotion II-Community Mobilization	4	KINS 332 Health Promotions (3 + 1)	4	KINS 346 Therapeutic Ex in Rehab	3
FIT 254 Career Preparation	1	KINS Elective	1	KINS 348 Fitness Eval II-Lab	3
FIT 255 Consolidating Field Placement	18	KINS 295 (3+15)	18	KINS 434 Neur Basics of Motor Lrn	3
<i>*Meets General Education Requirement</i>		Note:		KINS 452 Allied Health Admin	3
Note: In semester Three - choose GAS 109 or SSC 102 for General Education Credit		-Completion of PNG 111/121 will transfer for BIOL 121/122 at program level		CHEM 115 General Chemistry I	5
		-Suggest student complete MATH 102 or equivalent before transfer (pre-requisite for MATH 111)		CHEM 116 General Chemistry II*	5
		-LSSU requires a grade of C- or better in transfer courses.		MATH 111 College Alg or higher*	3
				MATH 207, PSYC 210, BUSN 211, BIOL 280 Statistics	3
				Courses to Complete Sport and Fitness Management Concentration:	
				KINS 270 Sports Management	3
				KINS 375 Commercial Recreation	3
				KINS 482 Admin of Rec. Services	3
				Diversity Elective*	
				MATH 110 Expl in Math or higher*	3
				MATH 207, PSYC 210, BUSN 211, BIOL 280 Statistics	3
				POLI 130 Intro to State/Local Govern	4
				SOWK 480 Grant Writing	3
				Note: Graduation requirements include 124+ credits earned and completion of all required courses.	

APPROVED BY:

Dr. Eric Statt, Chair, School of Kinesiology
Lake Superior State University

11/30/2018
date

Proposed Course Sequence For Transfer Students From
Sault College's **Fitness and Health Promotion** Program

- 1) These credits have transferred in:
 - BIOL121+122 Anatomy and Physiology I & II (*at program level*)
 - ENGL110 First Year Composition I
 - KINS 101 Foundations in Kinesiology
 - KINS 105 Program Development and Leadership
 - KINS 140 Health and Fitness
 - KINS 141 Introduction to Movement
 - KINS 230 Athletic Injury and Illness Prevention
 - KINS 265 Personal Fitness Training
 - KINS 268 Fitness Eval I: Functional Assessment
 - KINS 275 Nutrition for Sport and Exercise Performance
 - KINS 295 Facility and Program Operations
 - KINS 332 Health Promotions
 - PSYC 155 Lifespan Development
 - SOGE 100 Social Science Elective
 - MUSC 221 History and Appreciation of Music II
 - SDGE 100 Cultural Diversity Elective

- 2) The student has completed enough credits at Sault College which, combined with those of the LSSU courses to be taken, will bring the total credits to more than the 124 required for graduation.

- 3) Sometimes courses are offered in different terms than usual. Therefore, the following proposed degree completion timetables are subject to change.

Proposed Course Sequences

Note: In order to ensure timely completion of the bachelors degree as outlined below, LSSU Math requirements must be met. Prior to matriculation, as a minimum, completion of MATH 102, Intermediate Algebra, is required to progress in a timely fashion. The following options are available thru LSSU to achieve this:

- participate in ALEKS PPL program through LSSU
- complete this requirement thru traditional lecture based courses at LSSU

If MATH102 is *not* satisfied before Semester 1, then completion of the degree could be delayed.

Option #1: Sport and Fitness Management

<u>Fall</u>	<u>Spring</u>	<u>Fall</u>	<u>Spring</u>	<u>NOTES</u>
MATH 110-3 ENGL 111-3 POLI 130-4 KINS 270-3 Total credits: 13	COMM 101-3 MATH 207-3 KINS 375-3 NS Elective-4 Total credits: 13	KINS 482-3 KINS 358-3 KINS 401-2 HUMN or CD Elective-4 SOWK 480-3 KINS 481-1 Total credits: 16	KINS 402-2 HUMN Elective-4 KINS 428-3 KINS 444-3 Total credits: 12	

Option #2: Rehabilitation Sciences

<u>Fall</u>	<u>Spring</u>	<u>Fall</u>	<u>Spring</u>	<u>NOTES</u>
CHEM 115-5 ENGL 111-3 MATH 111-3 KINS 346-3 KINS 262-3 Total credits: 17	CEHM 116-5 COMM 101-3 KINS 344-3 KINS 348-3 MATH 207-3 Total credits: 17	KINS 401-2 KINS 452-3 KINS 481-1 KINS 358-3 KINS 428-3 Total credits: 12	KINS 434-3 KINS 402-2 HUMN Elective-4 KINS 444-3 Total credits: 12	HUMN or Cultural Diversity Elective taken F2 or S2 depending on transfer evaluation

Option #3: Human Performance

<u>Fall</u>	<u>Spring</u>	<u>Fall</u>	<u>Spring</u>	<u>NOTES</u>
CHEM 108/109-4 ENGL 111-3 MATH 110-3 KINS 346-3 KINS 262-3 Total credits: 16	COMM 101-3 KINS 344-3 KINS 348-3 MATH 207-3 Total credits: 12	KINS 401-2 KINS 358-3 KINS 452-3 KINS 428-3 KINS 481-1 Total credits: 12	KINS 402-2 KINS 434-3 KINS 444-3 HUMN Elective-4 Total credits: 12	HUMN or Cultural Diversity Elective taken F2 or S2 depending on transfer evaluation