

UNIVERSITY OF CENTRAL MISSOURI

MCC A.A. to UCM B.S. in Physical Education: Fitness/Wellness I (Corporate Fitness)

YEARS 1 AND 2 AT MCC

(UCM equivalencies in parentheses)

COMMUNICATIONS – 9 Credit Hours

ENGL 101 Composition and Reading I (ENGL 1020)	3
ENGL 102 Composition and Reading II (ENGL 1030)	3
COMM 100 Fundamentals of Speech (COMM 1000) or COMM 102 (Communication general education)	3

MATHEMATICS – 3 Credit Hours

**MATH 120 College Algebra (MATH 1111)	3
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AMERICAN INSTITUTIONS – 3 Credit Hours

HIST 120 (HIST 1350), 121 (HIST 1351), or POLS 136 (POLS 1510)	3
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SCIENCES – 7 Credit Hours

Take two courses; one with lab

Lab Courses: BIOL 101 (BIOL 1110), 102 (BIOL 1005), 104 (BIOL 1111), 106 (BIOL 1112), 110 (BIOL 3401), 118 (BIOL 1004), 123 (BIOL 1110), 210 (BIO 3402), CHEM 101 (GNED 1916), 105 (CHEM 1104), 107 (CHEM 1104), 111 (CHEM 1131), GEOG 104 (GEOG 2100), 110 (EASC 3114), GEOL 101 (EASC 1004), 102 (EASC 2200), GEOL 103 (EASC 3100), PHYS 101L (PHYS 1104), 106L, 112, 130 (PHYS 1101), **or** 220 (PHYS 2121)

Non-Lab Courses: BIOL 132 (D&N 3340), PHYS 101 (PHYS 1103), 104 (1104), **or** 106 (EASC 3112)

WESTERN CIVILIZATIONS – 3 Credit Hours

HIST 133 (HIST 1400) or HIST 134 (HIST 1402)	3
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SOCIAL SCIENCES – 6 Credit Hours

**PSYC 140 General Psychology (PSY 1100)	3
ANTH 100 (ANTH 1810), ANTH 110 (ANTH 1820), SOCI 160 (SOC 1800), ECON 210 (ECON 1010) or ECON 211 (ECON 1011)	3

HUMANITIES – 3 Credit Hours

ENGL 218 (GNED 1909), 220 (ENGL 2210), 221 (ENGL 2215), 222 (ENGL 2200), 223 (ENGL 2205), 268 (ENGL 2270), PHIL 100 (PHIL 1000), 148 (PHIL 1410), or 203 (PHIL 2300)	3
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HUMANITIES APPRECIATION – 3 Credit Hours

ART 108 (ART 1800), ART 150 (ART 1815), ART 151 (ART 1825) MUSI 108 (MUS 1210), or THEA 106 (THEA 2400), ARAB, FREN, GERM, CHIN, SIGN, SPAN 101 (SPAN 1601), SPAN 102 (SPAN 1602), SPAN 203 (SPAN 2601), or SPAN 204 (SPAN 2602)	3
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COMMON CORE ELECTIVES – 5 Credit Hours

Take additional common core electives to reach 42 hours of general education. Offerings available at

<http://www.mcckc.edu/programs/aa/>

GENERAL DEGREE REQUIREMENTS – 7 Credit Hours

COLL 100 First Year Seminar	1
Global Diversity	3
Course options available at http://www.mcckc.edu/programs/aa/	
CSIS 115 (CIS 1600) or higher	3

ELECTIVES – 11 Credit Hours

**ENGL 215 Technical Writing (CTE 3060)	3
**PHED 126 Lifetime Fitness I (PE 1206)	2
**PHED 151 Intro to Exercise Science, PE & Recr (KIN 1101)	3
**BSAD 101 Accounting Principles I) and **BSAD 102 Accounting Principles II (ACCT 1101)	6
**BSAD 254 Business Law I (BLAW 2720) or **BSAD 270 Legal Environment of Business (BLAW 2720)	3

YEARS 3 AND 4 AT UCM

CORE REQUIREMENTS – 26 Credit Hours

AT 3610 Care & Prevention of Injuries	3
HLTH 1350 Responding to Emergencies	3
KIN 1800 Functional Anatomy	3
KIN 2800 Biomechanics	3
KIN 2850 Foundations of Exercise Physiology	3
PE 2455 Growth and Motor Development	3
PE 4340 Adapted Physical Education	3
PE 4740 Legal Liability in Fitness/Wellness, Physical Education, Recreation, & Sports Settings	2

Option 2: Corporate Fitness – 51 Credit Hours

KIN 2900 Essentials of Personal Training	3
KIN 4341 Physical Activity & Special Populations	3
KIN 4765 Internship	6
KIN 4850 Assessment & Evaluation of Fitness / Wellness	3
KIN 4860 Fitness Program & Implementation	3
KIN 4870 Clinical Exercise Physiology	3
NUTR 4300 Nutrition & Human Performance	3
MKT 3405 Marketing Policy	3
MKT 3420 Principles of Advertising	3
MKT 3430 Professional Sales	3

FREE ELECTIVES – 16 - Credit Hours

**Course fulfills a major requirement at UCM and if not taken as part of AA must be taken at UCM

Minimum Hours Required for A.A.: 60

Minimum Hours Required for B.S.: 120-129

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VALIDITY OF THIS TRANSFER GUIDE

This guide is based on the UCM 2018 Undergraduate Catalog and is subject to change. This guide is a recommendation only and your actual program may vary. Time to degree completion and course sequencing will depend on any credits transferred to UCM and on planned placement in math, reading, and writing. See the current UCM Undergraduate Catalog and MCC Course Catalog for a complete listing of academic policies, curriculum, prerequisites, and course descriptions.

GENERAL EDUCATION REQUIREMENTS

Students who hold an Associate in Arts Degree from MCC or have met the Missouri 42-hour General Education Core requirements are considered to have fulfilled all UCM General Education requirements, except specific general education classes required by this major. Lists of General Education Requirements can be found in the UCM Catalog.

For those students with an associate degree other than the Associate of Arts or who have not completed the A.A. degree, transfer courses are evaluated on a course-by-course basis.

REQUIREMENTS FOR THIS MAJOR

- Minimum of 120 hours
- Minimum of 30 hours of upper-level credit (3000/4000 level). Courses taken at a two-year college MAY be articulated for an upper-level course but WILL NOT count towards upper-level hour requirements.
- Minimum of 12 hours of upper-level credit (3000/4000 level) in major
- No minor is required for this degree.
- No modern language is required for this degree.

RESIDENCY REQUIREMENTS FOR A DEGREE AT UCM

A candidate for any bachelor's degree must have earned the following minimum hours at UCM:

- 30 hours overall
- 20 upper-level hours (3000/4000 level courses)
- 15 hours in the major
- 9 upper-level hours in the major
- 9 hours in minor (if applicable)
- 1 upper-level hour in minor (if applicable)
- The last 12 semester hours required for the degree

GPA REQUIRED FOR GRADUATION

Students must achieve a minimum GPA of 2.00 in all GPAs to qualify for graduation. This includes cumulative GPA, UCM GPA, major GPA, and minor GPA (if applicable). Some degrees have additional GPA requirements.

DUAL ADMISSION

Students are encouraged to apply for dual admission during their first semester at MCKC to coordinate associate degree completion with degree requirements at UCM. To learn more visit www.ucmo.edu/undergrad/dualadmissions.cfm.

GENERAL EDUCATION ASSESSMENT

All UCM students are required to pass a General Education Assessment (GEA). Students transferring in more than 45 hours are required to take the test during their first semester at UCM. Testing Services can be contacted by phone at (660) 543-4919 or by e-mail at testingservices@ucmo.edu.

To learn more visit

www.ucmo.edu/assessment/documents/gened_policy.pdf

CATALOGS

Metropolitan Community College catalog:

<http://www.mcckc.edu/PDF/academiccatalog.pdf>

UCM catalog: www.catalog.ucmo.edu

TRANSFER WORK

Arrange for all transfer work to be posted at UCM at the time of application. An official transcript must be received at UCM directly from each school attended. Individual transfer equivalencies can be found online at www.ucmo.edu/corequiv. Transcripts can be sent to: University of Central Missouri, Office of Admissions, Ward Edwards 1400, Warrensburg, MO 64093

UCM TRANSFER ADVISORS

UCM advisors for programs in the College of Health, Science, and Technology (CHST) are located in the Success Advising Center located in Union 128. Contact your advisor by calling (660) 543-4721 or by email success@ucmo.edu.

UCM PROGRAM CONTACT

The School of Nutrition, Kinesiology and Psychological Science is located in Morrow, Room 125. You can contact them by calling (660) 543-4256. To learn more visit www.ucmo.edu/nutrition.
