



APPLIED SPORT & FITNESS MANAGEMENT, AAS to EXERCISE SCIENCE, BS

SUGGESTED SEQUENCE AT LORAIN COUNTY COMMUNITY COLLEGE			SUGGESTED SEQUENCE AT THE UNIVERSITY OF AKRON	
Semester 1	16 Credit Hours	UA Equivalent	Semester 8	17 Credit Hours
SDEV101: Introduction to the LCCC Community	1	GN EL	EXER 400: Musculoskeletal Anatomy I Upper Extremity	3
ENGL 161: College Composition I	3	ENGL111: English Composition I GNED Writing	EXER 403: Exercise Testing	3
HLED: 156 Health & Wellness	2	EXER150: Concepts of Health and Fitness	EXER 449: Org & Admin for Health Care Professionals	3
HPED 165: Intro to Exercise Science	3	EXER125: Introduction to Exercise Science	SPRT 453: Principles of Coaching	3
HPED 173: Biomechanics of Resistance Training	3	Elective	SPRT 462: Legal Aspects of Physical Activity	2
BIOG 121: Anatomy & Physiology I	4	GNED Natural Science	SPRT 420: Fundamental Management Strategies in Sport	3
Semester 2	16 Credit Hours	UA Equivalent	Semester 9	16 Credit Hours
ENGL 162: College Composition II	3	ENGL 112: English Composition II GNED Writing	EXER 401: Musculoskeletal Anatomy II Lower Extremity	3
BIOG 122: Anatomy & Physiology II	4	BIOL 200: Human Anatomy and Physiology I BIOL 201: Human Anatomy and Physiology I Lab GNED Natural Science	EXER 404: Exercise Prescription	3
CMMC 151: Oral Communications	3	COMM 106: Effective Oral Communication GNED Speech	SPRT 422: Sport Planning & Promotion	3
MTHM 168: Statistics	3	MATH 260: Basic Statistics GNED Math, Statistics, and Logic	EXER 426: Nutrition for Sports	3
HPED 261: Exercise Physiology Foundations	3	EXER 302: Physiology of Exercise with Lab	SPRT Elective	3
			EXER 460: Exercise Science Practicum	1
Semester 3	16 Credit Hours	UA Equivalent		
HLED 153: First Aid & Safety	2	BAHA 122: Emergency Responder		
HPED 152: Application of Activities Across a Lifespan	3	Elective		

HPED 272: Exercise Physiology II	3	Elective	
HPED 275: Kinesiology	3	EXER 201: Kinesiology	
PEWL 151: Stress Management	1	HEDU 202: Stress Management	
PEFT/PEWL Elective	1		
PHYL165 Bioethics	3	GNEH Humanities*** PHIL361 Biomedical Ethics***	
Semester 4	15 Credit Hours	UA Equivalent	
BIOG 153: Basic Human Nutrition	3	NUTR 133: Nutrition Fundamentals GNEH Natural Science	
HPED 172: Exercise Management for Special Populations	2	EXER 355: Exercise in Special Populations	
PSYH 151: Introduction to Psychology	3	PSYC 100: Introduction to Psychology GNEH Social Science	
SOCY 151: Introduction to Sociology	3	SOCIO 100: Introduction to Sociology GNEH Social Science GNEH Domestic Diversity	
PEFT/PEWL Elective	1		
HPED 285: Practicum/Seminar Sports/Fitness Prof	2	EXER 460: Exercise Science Practicum	
PEFT 185: Ropes Course	1		
Semester 5	5 Credit Hours	UA Equivalent	
AHLN 110: Med Terminology	3	BAHA 120: Medical Terminology	
HLED 181: Nutrition and Weight Management	2	EXER 330: Exercise and Weight Control	
Semester 6	15 Credit Hours	UA Equivalent	
HPED 265: Prevention & Care of Sports Injuries for the Sports Professional	3	EXER 240: Principles of Sports Medicine	
HPED 278: Sport and Fitness Certification Prep	3	EXER 485: Exercise Science Capstone	
HPED 166: Group Exercise Instructor	3	EXER 327: Exercise Leadership	
HLED 221: Health Promotion & Behavior Change	3	EXER 220: Health Promotion and Behavioral Change	
HPED 222: Fundamentals of Strength & Conditioning Programming	3	EXER 352: Strength and Conditional Fundamentals	
Semester 7	12 Credit Hours	UA Equivalent	
GNEH Global Diversity	3	GNEH Global Diversity	
HPED 164: Introduction to Athletic Coaching	3	SPRT 160: Intro to Coaching	



GNEE Fine Art of Humanities Requirement	3	GNEE Fine Art of Humanities Requirement		
GNEE Fine Arts	3	GNEE Fine Arts		

Total credits from LCCC: 95

Total credits for degree: 128

*Last 30 credits must be earned at the University of Akron

** General Education Courses may have equivalents at Lorain Community College, please refer to <https://www.uakron.edu/transfer/ted/>

***PHYL165 is GNEE Humanities (LCCC) it is direct equivalent to PHIL361 Biomedical Ethics which is Complex Issues Facing Society (UA)

Contact:

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