

Lenoir-Rhyne University
School of Health, Exercise and Sport Science
Bachelor of Science in Exercise Science

Catawba Valley Community College Articulation: AAS in Health and Fitness Science

Each potential applicant to the Lenoir-Rhyne School of Health, Exercise and Sport Science must make application to Lenoir-Rhyne University. Upon acceptance by the University, each student will be assigned an academic advisor to assist in planning course selection and sequencing. Each student is encouraged to consult with the advisor in the program.

The applicant must:

1. Be accepted by Lenoir-Rhyne University.
2. Complete the A.A.S. in Health and Fitness Science from Catawba Valley Community College (CVCC).
3. Hold current certification in CPR and First Aid by the American Red Cross or American Heart Association.
4. Have an overall cumulative GPA of 2.0 minimum in all courses transferred, taken or credited by examination at Lenoir-Rhyne University.
5. The following courses must be completed as part of the AAS degree with a grade of C or better:
 - a. Biology 281 and 282 (Anatomy and Physiology)
 - b. PHY 121 and 122 (General Physics I and II)
 - c. Psychology 100
 - d. Statistics
 - e. Fine Art Elective
6. A personal interview may be required.
7. Letter of recommendation from present (or most recent) instructor and/or employer.

Each potential applicant is encouraged to obtain and review thoroughly a copy of the Lenoir-Rhyne Catalog.

Degree Requirements:

Lenoir-Rhyne University will accept up to 64 hours upon admission to the University. In order to maximize transfer credit, the following courses are pre-approved for transfer credit with a final grade of C or better:

- ENG 131: Critical Thinking and Writing (4 cr.)
 - CVCC Equivalent = ENG 111 or 112
- COM 111: Speech Communications (3 cr.)
 - CVCC Equivalent = COM 110
- Fine Art: (3 cr.) (*Must complete Fine Art Elective at CVCC*)
 - CVCC Equivalent = Fine Art Course
- HES 288: Nutrition (3 cr.)
 - CVCC Equivalent = BIO 155
- MAT 115: Statistics (3 cr.)
 - CVCC Equivalent = MAT 151
- Level 1 HUM: (3 cr.)
 - CVCC Equivalent = ENG 113

- Level 1 HSB: (3 cr.)
 - CVCC Equivalent = PSY 150: *fulfills core and technical requirement for major*)
- Level 1 NAT: (4 cr.) (*BIO 281: fulfills core and technical requirement for major*)
 - CVCC Equivalent = BIO 168
- Level 1 NAT: (4 cr.) (*PHY 121: General Physics I fulfills core and technical requirement for major*)
 - CVCC Equivalent = PHY 110
- BIO 282: Anatomy and Physiology II (4 cr.)
 - CVCC Equivalent = BIO 169
- PHY 122: General Physics (4 cr.)
 - CVCC Equivalent = PHY 111
- HES 116: Weight Training (1 cr.)
 - CVCC Equivalent = PED 117
- HES 200: Introduction to Kinesiology (3 cr.)
 - CVCC Equivalent = PSF 110
- HES 285: First Aid/Emergency Care (1 cr.)
 - CVCC Equivalent = HES 112
- HES 320: Exercise Evaluation and Prescription (4 cr.)
 - CVCC Equivalent = PSF 111 and PSF 210 (students must complete both courses)

Proposed Curriculum at Lenoir-Rhyne University

-students must take 12 hours each semester to be considered fulltime

Fall 1:

- HES 300: Exercise Physiology (4 cr.) (Receive 20 HES hours when course is completed with a C or above that serve as major electives, *considered credit by exam**)
- HES 390: Directed Readings and Research (3 cr.)
- CSC 050: Computing Competency (0 cr.)
- LRC 101T: Transfer Orientation (1 cr.)
- *Level 1 HUM or HSB (3 cr.) (if not completed at CVCC)*

Spring 1:

- HES 303: Biomechanics and Kinesiology (4 cr.)
- HES 321: Internship in Exercise Science I (2 cr.)
- Religion 100 (3 cr.)
- CSC 115: Computer Science (1 cr.)
- *Level 1 HUM or HSB (3 cr.) (if not completed at CVCC)*

Fall 2:

- HES 322: Internship in Exercise Science II (2 cr.)
- HES 431: Sports Nutrition (3 cr.)
- *HES 436: Clinical Exercise Physiology (3 cr.) (fall only) or HES 515: Sport and Exercise Performance (3 cr.) (spring only)*
- Foreign Language 1 (3 cr.)
- Level 2 HUM, HSB or NAT (3 cr.)

Spring 2:

- HES 421: Internship in Exercise Science III (2 cr.)

- *HES 436: Clinical Exercise Physiology (3 cr.) (fall only) or HES 515: Sport and Exercise Performance (3 cr.) (spring only)*
- Level 2 HUM, HSB or NAT (3 cr.) with capstone presentation
- Foreign Language 2 (3 cr.)
- HES 330: Psychology of Sport (3 cr.)

Total Hours = 128 (49-55 credits at LRU, 20 credits awarded by exam with successful completion of HES 300, up to 64 credits by transfer)

*HES Electives (20 cr.) accepted after successful completion of HES 300:

- Health Psychology (3 cr.)
- Lifestyle Change and Wellness (3 cr.)
- Fitness Facility Management (4 cr.)
- Group Exercise Instruction (2 cr.)
- Prevention and Care of Exercise Injury (2 cr.)
- Physical Fitness Theory and Instruction (4 cr.)
- Personal Training (2 cr.)