

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

Wake Technical 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 Wake Technical Community College (WTCC).
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 168: Anatomy and Physiology I and BIO 169: Anatomy and Physiology II
  - b. Psychology 150: General Psychology
  - c. MAT 152: Statistical Methods - *If the student cannot complete MAT 152 at WTCC, additional MAT credits will be required at LRU*
  - d. Humanities/Fine Arts 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.

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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.)
  - a. WTCC Equivalent= ENG 111 and 112
  - b. *If the student cannot complete ENG 112 at WTCC, additional ENG credits will be required at LRU*
- COM 111: Speech Communications (3 cr.)
  - a. WTCC Equivalent= COM 231
- Fine Art: (3 cr.) (*Must complete Fine Art Elective at WTCC*)
  - a. WTCC Equivalent= Humanities/Fine Arts Course
- HES 288: Nutrition (3 cr.)
  - a. WTCC Equivalent = BIO 155
- MAT 115: Statistics (3 cr.)
  - a. WTCC Equivalent= MAT 152
  - b. *If the student cannot complete MAT 152 at WTCC, additional MAT credits will be required at LRU*

- Level 1 HUM: (3 er.)
  - a. WTCC Equivalent= ENG 113
  - b. *If the student cannot complete ENG 113 at WTCC, additional HUM (Humanities) will be required at LRU.*
- Level 1 HSB: (3 er.)
  - a. WTCC Equivalent= PSY 150: *fulfills core and technical requirement for major*)
- Level 1 NAT: (4 er.) ( *BIO 281: fulfills core and technical requirement for major*)
  - a. WTCC Equivalent= BIO 168
- BIO 282: Anatomy and Physiology II (4 er.)
  - a. WTCC Equivalent= BIO 169
- HES 116: Weight Training (1 er.)
  - a. WTCC Equivalent= PED 117
- HES 200: Introduction to Kinesiology (3 er.)
  - a. WTCC Equivalent= PSF 110
- HES 285: First Aid/Emergency Care (1 er.)
  - a. WTCC Equivalent= HEA 112
- HES 320: Exercise Evaluation and Prescription (4 er.)
  - a. WTCC Equivalent= PSF 111 and PSF 210 (students must complete both courses)

*WTCC students are encouraged to complete PHY 151: General Physics I and PHY 152: General Physics II at WTCC when possible.*

### **Proposed Curriculum at Lenoir-Rhyne University**

*-students must take 12 hours each semester to be considered full-time, this may require the completion of elective hours.*

#### **Fall 1:**

- HES 300: Exercise Physiology (4 er.) (Receive 19 HES hours when course is completed with a C or above that serve as major electives, *considered credit by exam\**)
- HES 385: Research in Health, Exercise and Sport Science (3 er.)
- CSC 050: Computing Competency (0 er.)
- LRU 101T: Transfer Orientation (1 er.)
- *Level 1 HUM or HSB (3 er.) (if not completed at WTCC}*
- *ENG 131: Critical Thinking and Writing (4 er.) (if ENG 111 and ENG 112 are not completed at WTCC}*

#### **Spring 1:**

- HES 303: Biomechanics and Kinesiology (4 er.)
- HES 321: Internship in Exercise Science I (2 er.)
- Religion 100 (3 er.)
- CSC 115: Computer Science (1 er.)
- *Level 1 HUM or HSB (3 er.) (if not completed at WTCC}*
- *MAT 115: Statistics (3 er.) (If MAT 152 is not completed at WTCC}*

#### **Fall 2:**

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

**Spring 2:**

- HES 421: Internship in Exercise Science III (2 er.)
- *HES 436: Clinical Exercise Physiology (3 er.) or HES 515: Sport and Exercise Performance (3 er.)*
- Level 2 HUM, HSB or NAT (3 er.) with capstone presentation
- Foreign Language 2 (3 er.)
- HES 330: Psychology of Sport (3 er.)

Total Hours= 128 (64 credits at LRU, 17 credits awarded by exam with successful completion of HES 300, up to 64 credits by transfer)

\*HES Electives (17 er.) accepted after successful completion of HES 300:

- PSF 218: Lifestyle Change and Wellness (4 er.)
- PSF 118: Fitness Facility Management (4 er.)
- PSF 120: Group Exercise Instruction (3 er.)
- PSF 116: Prevention and Care of Exercise Injury (3 er.)
- PSF 212: Exercise Programming (3 er.)