

James Madison University Bachelor of Science in Kinesiology

Concentration in Exercise Science

Associate Transfer Degree Plan in Kinesiology

TRANSFER GUIDE
Catalog Years: 2024-2026

COURSE REQUIREMENTS

Complete at VCCS					Complete at JMU		
BACHELOR'S DEGREE REQUIREMENT	SATISFIED BY				BACHELOR'S DEGREE REQUIREMENT		
Course	Credits	Gen ED*	CC Course	Notes	Course	Credits	Notes
UNST 000	1-2		SDV 100 College Success Skills or 101 Orientation		KIN 100	3	Lifetime Fitness and Wellness <i>Required for admission to Exercise Science concentration; available in summer</i>
WRTC 000	3	PUA	ENG 111 College Comp I		KIN 202	3	Biological Foundations of Kinesiology and Recreation - <i>Required for admission to Exercise Science; available in summer</i>
WRTC 103	3	UA	ENG 112 College Comp II or 113 Tech-Prof Writing		KIN 303	3	Motor Development and Learning
JMU General Education Requirements**	3	PUA	Any UCGS Art or Humanities	These two courses must come from two different disciplines.	Admission to the Kinesiology – Exercise Science Concentration required before advancing to additional Kinesiology coursework shown below		
JMU General Education Requirements**	3	UA	Any UCGS Art, Humanities, or Literature		KIN 302 + 302L	4	Exercise Physiology
JMU General Education Requirements**	3	PUA	PSY 200 Introduction to Psychology	= PSYC 101	KIN 306 + 306L	4	Human Biomechanics
JMU General Education Requirements**	3	PUA	Any UCGS History	Any	KIN 321	3	Principles of Health Fitness Assessment
JMU General Education Requirements**	4	PUA	BIO 101 Introduction to Biology	= BIO 140 + 140L	KIN 322	3	Fundamentals of Exercise Prescription
JMU General Education Requirements**	3	PUA	MTH 155 or MTH 245	= MATH 220	KIN 424	3	Exercise and Nutrition in Chronic Disease
JMU General Education or Elective	4	UA	CHM 111	= CHEM 131 + 131L	KIN 426	3	Physical Activity Behaviors

JMU General Education Requirements or Elective	3-4	UA	Any UCGS transfer course	BIO 102 = BIOL 150 + 150L, which is required for all pre-professional health (PPH) minors except pre-athletic training or pre-occupational therapy. Students not pursuing PPH minors could consider other courses, such as CST 100 or 110 (= SCOM 122 or 121)	KIN 381	3	Practicum in Exercise Science
	8		BIO 141 & 142 Human Anatomy & Physiology I and II	= BIO 270 + 270L & BIO 290 + 290L (Both BIO 141 & 142 must be taken to receive credit for BIO 270 + 290)	KIN 481	4	Internship in Exercise Science
	3		HLT 230 Principles of Nutrition	= NUTR 280	KIN electives (2)	6	
	3		HLT 143 Medical Terminology	= HTH 210	PHYS 140 + 140L	0-4	If not taken before transfer
	7-8		CHM 112 General Chemistry II MTH 261 Applied Calculus I or MTH 263 Calculus I	CHM 112 = CHEM 132 + 132L MTH 261 or 263 = MATH 205 or 235. Either meets the calculus requirement for kinesiology major and/or the PPH minor.	Electives or additional requirements	14-18	If you are considering a PPH minor, review information from JMU's Office of Pre-Professional Health Advising at: https://www.jmu.edu/pph/index.shtml and https://www.jmu.edu/pph/2023-2024minors.pdf .
	3-6			Options include: <ul style="list-style-type: none"> • Math prerequisites if needed for courses listed above (ex: MTH 154, 161 + 162, or 167) • PSY 230 (=PSYC 160) or PSY 215 (=PSYC 335) for pre-PT or pre-PA • SOC 200, 215, 266 or 268 for pre-med, pharm, and OT • If credits still needed to reach 60 credit minimum for the VCCS associate degree, take PHYS 201 or other transfer electives 			
CREDITS PRE-TRANSFER: 60-62					CREDITS POST-TRANSFER: 60		

* **A** = Completion of the Associate Degree satisfies this General Education Requirement. **U** = This course satisfies a Uniform Certificate of General Studies requirement.
P = This course satisfies a Passport requirement.

** Students who complete an approved transferable associate degree will qualify for a full waiver of general education requirements at JMU. Students who will not be earning an approved transferable associate degree should complete core community college requirements with courses that also satisfy area requirements in JMU's general education program. For example, the WRTC 103 requirement can only be filled with ENG 111-112 at VCCS. Learn more about JMU general education equivalents offered at VCCS at www.jmu.edu/transfer/vccs-transfer/genedequiv.shtml. Email transferadvising@jmu.edu with questions.

TRANSFER GUIDANCE

Admission into the Kinesiology-Exercise Science Program at JMU

Students who meet the requirements for guaranteed admission to JMU are not guaranteed admission into the Kinesiology-Exercise Science program.

To be eligible for guaranteed admission to JMU, students must complete an approved transferable associate degree from their Virginia community college with a minimum GPA of 3.0 for guaranteed admission to JMU. Students who do not qualify for guaranteed admission are encouraged to apply to JMU through the regular admission process. For additional details about requirements for guaranteed admission, please see the JMU letter of intent for your community college: www.jmu.edu/admissions/apply/transfer-gaa.shtml.

Students must meet the additional criteria below to be eligible for competitive admission into the Kinesiology-Exercise Science program after completing KIN 100 and KIN 202.

- There is not a minimum GPA for admission into the program; however, admission is competitive, and grades in the following courses are considered: CHEM 131, BIO 270, and BIO 290 (CHM 111, BIO 141 and BIO 142 at VCCS), as well as KIN 100 and KIN 202 (taken at JMU).
- Find more information about admission into the exercise science program at <https://www.jmu.edu/chbs/kinesiology/es/admission.shtml>.

IMPORTANT LINKS & DATES:

- **University Transfer Center:** <https://www.jmu.edu/transfer/>
- **Register Intent to Transfer:** Students can notify JMU of their interest in transferring through College Connect at www.TransferVirginia.org. Transfer applicants from a VCCS institution intending to apply through the Guaranteed Admission Agreement (GAA) must submit a Letter of Intent prior to applying. Requirements and forms are available at: <https://www.jmu.edu/admissions/apply/transfer-GAA.shtml>.
- **Admission Application:** By March 1 for Fall or October 15 for Spring at <https://www.jmu.edu/admissions/apply/apply-online.shtml>
- **Financial Aid:** <https://www.jmu.edu/financialaid>
- **FAFSA - Free Application for Federal Student Aid:** Deadline is March 1. Learn more at studentaid.gov.

WHAT SHOULD I CONSIDER WHEN SELECTING COURSES?

- Students interested in pursuing one of the pre-professional health (PPH) minors at JMU sometimes choose to major in Kinesiology-Exercise Science. The coursework with the Kinesiology major can be especially well aligned with pre-PT, pre-AT, and pre-OT. The coursework required to the Kinesiology major with the pre-professional health minor can be extensive for other pre-PPH areas, including pre-med, pre-physician assistant, pre-pharmacy, pre-dentistry, and pre-optometry. If you are considering a PPH minor, you are encouraged to also review information from the Office of Pre-Professional Health Advising at: <https://www.jmu.edu/pph/index.shtml> and <https://www.jmu.edu/pph/2023-2024minors.pdf>. Note that in some cases, graduate schools prefer you to take certain science courses, such as anatomy and physiology, at your 4-year university rather than community college.

- Create a schedule for all required courses, pay attention to prerequisites and when courses are offered, complete your first math and English courses in your first year. You should also plan out when you will complete the required science courses during your community college experience. For help, see Transfer Steps and Resource Center at www.TransferVirginia.org.
- Connect with an advisor at your community college and James Madison University within your first year. College Connect available in your account at www.TransferVirginia.org

IS THIS DEGREE RIGHT FOR ME?

Kinesiology is the study of human movement, performance, and function through the application of scientific principles. Therefore, the curriculum includes study in areas such as: biomechanics, exercise physiology, sport psychology, sport history, motor development, sport sociology, adapted physical activity, and teaching / exercise leadership. The Exercise Science (ES) concentration has significant lab science requirements (chemistry, physics, nutrition, anatomy and physiology, etc.). These courses serve as the foundation for the discipline specific courses such as exercise physiology, biomechanics, exercise prescription and exercise and nutrition in chronic disease. Students must meet specific departmental admissions criteria to be fully admitted into the program (for transfer students, full admission typically occurs after the first semester at JMU).

WHAT IS THE IMPACT ON MY DEGREE OF WORK I HAVE ALREADY COMPLETED?

- **Associate Transfer Degree Completion:** An approved transferable associate degree from a Virginia Community College will waive general education requirements at JMU.
- **Dual Enrollment – Completion of Associate Degree in HS:** Students who complete a transferable associate degree from a Virginia Community College through Dual Enrollment will not be eligible for guaranteed admission but will receive the general education waiver at JMU. DE associate degree earners who want to make progress toward their intended major should follow the curriculum in this guide.
- **Credit for Prior Learning:** Credit for prior learning may be awarded differently at JMU than at your previous institution. JMU accepts and reviews AP, IB CIE, and CLEP examinations for all students with eligible scores. JMU will complete an independent review of the test score to apply credit to your JMU student record. Other credit for prior learning is awarded on a per case basis for the ADP and RN-BSN programs in consultation with the department of expertise. Credit for learning acquired in military service is awarded by the registrar's office using the ACE guide credit recommendation for study/experience listed on the military transcript and in consultation with the department of expertise.
- **Catalog Year:** Catalog year determined by first semester of attendance at JMU

IS THIS COLLEGE RIGHT FOR ME?

JMU is a mid to large size institution that behaves more like a smaller institution. Faculty and staff hold students as the top priority. JMU has a 96% satisfaction rate. 88% of classes have less than 50 students. JMU is the #1 most recommended public university in the US by the Wall Street Journal and Times Higher Education; JMU is the #1 Best College for Employment in Virginia according to U.S. Department of Education statistics compiled by Zippia. JMU has the highest post-graduation job levels of all Virginia colleges. Learn more about our college at www.jmu.edu and www.TransferVirginia.org.

DID YOU KNOW THAT ...

- There is no limit to the number of credits you can transfer to JMU, but 50% of the credits required for graduation in your major must be taken at a 4-year college or university, and 25% must be taken at JMU. (Most JMU majors require 120 credits, so 60 must come from a 4-year and 30 must be taken at JMU.)
- Completing your Associate transfer degree post-high school satisfies all lower division general education requirements and increases the chance of completing your bachelor's degree.
- Exceeding 3 years or 90 credits at your community college means you may have exhausted your financial aid at that college and have limited your future financial aid at JMU.

WHAT CAN I DO WITH THIS DEGREE?

Explore possible careers, salaries, and job outlook at www.TransferVirginia.org

PROGRAM SUCCESSES & HIGHLIGHTS

The Department of Kinesiology strives to promote diversity, equity, and inclusion throughout all educational endeavors and offers professional development for our students through comprehensive, accredited curricula and practical fieldwork experiences, as well as innovative extracurricular programming and state-of-the-art facilities.

- Practical Fieldwork Experience: The Exercise Science concentration requires two fieldwork experiences, which can be from any area that is related to exercise science; examples have been working in minor league baseball, NASCAR, our own athletics department, local school systems, and more. Many students explore professional opportunities in physical therapy, occupational therapy, or athletic training. Students may opt to pursue a study abroad experience in Australia as one of the fieldwork experiences. Most placements will be with a local Australian Rules football team in which students will experience first-hand the sports medicine culture by engaging in numerous activities, which include helping in the performance and conditioning activities within the club by conducting various fitness assessments and interpreting results; and developing exercise prescriptions for injured athletes.
- Diversity, Equity, and Inclusion Resources: Our department assists students to engage with campus, departmental, and community resources that offer focused support and leadership training in areas relating to diversity, equity, and inclusion.
- Innovative Extracurricular Programming: Among the programs our students engage with are Empowerment 3 (E3), which seeks to empower individuals and their families, professionals,

and communities through physical activity and mentorship; the Morrison Bruce Center (MBC), which is dedicated to enhancing the physical and mental well-being of girls and women through promotion of an active and healthy lifestyle; and the Health & Physical Activity Institute (HPAI), which strives to improve the quality of health and physical education instruction and provide support to implement the VDOE standards of learning for health and physical education to enhance the wellness and educational performance of Virginia's students.

- State-of-the-Art Facilities include the Human Performance Lab, the PHETE Classroom & Movement Lab, the Body Composition Lab, the Weight Room, the Crawford Fitness Center, Sinclair Gymnasium, and Savage Natatorium.

For more information about accreditation of our programs, resources, programming, and facilities, please visit the JMU Department of Kinesiology website at <https://www.jmu.edu/kinesiology/index.htm>

WHAT ARE MY CHANCES FOR GETTING ACCEPTED?

- Generally, two-thirds of transfer applicants are admitted to JMU. Competitive applicants will have mostly As & Bs and have completed at least one class in each of our four core areas (English, mathematics, lab science, and social science).
- JMU defines a transfer student as a student that has graduated from high school (or holds a GED equivalency) AND has taken courses in college after high school graduation.
- Learn more about applying at <https://www.jmu.edu/transfer/> or www.TransferVirginia.org.

DO MORE WITH YOUR DEGREE!

After earning a B.S. in Kinesiology, there are numerous opportunities to continue your professional development. Students advance immediately to careers (<https://www.jmu.edu/career/careerguide/kin.shtml>) or pursue additional education, often at JMU, in such programs as the 33- to 36-credit program leading to a Master of Science degree in Kinesiology with a concentration in Exercise Physiology, as well as the other Master of Science programs in Athletic Training, Kinesiology (Nutrition and Physical Activity), Occupational Therapy, Physician Assistant Studies, and Sports and Recreation Leadership. You can find links to explore these and other master's degree programs at JMU at [All Graduate Programs A to Z – JMU](#).

OTHER THAN CLASSES, ARE THERE OTHER PROGRAM REQUIREMENTS?

The Exercise Science curriculum includes two required fieldwork experiences, including KIN 381: Practicum (90 hours) and KIN 481: Internship (160 hours). You can read more about these requirements here: <https://www.jmu.edu/chbs/kinesiology/es/practicum-internship.shtml>.