

Norfolk State University Bachelor of Science in Exercise Science (Kinesiotherapy Concentration)

Associate Transfer Degree Plan in Kinesiology

COURSE REQUIREMENTS

Complete at VCCS				Complete at NSU		
BACHELOR'S DEGREE REQUIREMENT	SATISFIED BY			BACHELOR'S DEGREE REQUIREMENT		
Course	Credits	CC Course	Notes	Course	Credits	Notes
SEM 101 (1 credit), SEM 102 (1 credit), and SEM 201 (1 credit)	1-2	SDV 100 College Success Skills or 101 Orientation	Students will receive 1 or 2 credits based on the number of credits transferred from the VCCS course. Students may need to take an additional 1 or 2 credits at NSU to meet the 120-credit-hour minimum.	EXS 300 & 300L	4	At NSU, the exercise physiology course is in the first 2 years of our KT curriculum. Students may take it at 4-year college prior to coming to NSU. It may and most likely will cause them to be at NSU longer than two years because it is a pre-requisite for many of the follow-on courses.
ENG 101	3	ENG 111 College Comp I		EXS 355	3	
ENG 102	3	ENG 112 College Comp II or 113 Tech-Prof Writing		EXS 356	3	
Gen. Ed. Art or Humanities	3	Any UCGS Art or Humanities	These two courses must come from two different disciplines.	PSY 228	3	
Gen. Ed. Art, Humanities, or Literature	3	Any UCGS Art, Humanities, or Literature		EXS 363	2	
PSY 210	3	PSY 200 Introduction to Psychology		PED 365	3	
Gen. Ed. History	3	Any UCGS History		EXS 430	3	
BIO 100 and BIO 100L	4	BIO 101 Introduction to Biology		EXS 483	3	
MTH 151	3-5	College Algebra	College Algebra is required for the Kinesiotherapy Concentration.	PSY 280	3	

Gen. Ed. Social Science	3	Additional UCGS Social & Behavioral Science course		EXS 369	3	
ENG 285	3	CST 100 Public Speaking		EXS 491	3	This course is the clinical experience practicum course required for the Kinesiotherapy program. The course is taken concurrently with some of the required Kinesiotherapy internship hours.
PED 287 & 287L and PED 288 & 288L	8	BIO 141 & 142 Human Anatomy & Physiology I and II		EXS 484	3	
FSN 110	3	HLT 230 Principles of Nutrition		PED 450	3	
HRP 120	3	HLT 143 Medical Terminology		Cultural Perspectives (select one course) ENG 383 HIS 335 HIS 336 HRP 320 HIS 371	3	
CSC 150	3	CSC 110 or ITE 152				
EXS 170 (3 credits) HED 170 (3 credits) PED 133 or PED 134 (1 credit) PED 158 (1 credit) CHM 215 & 215L (4 credits) EXS 291 (3 credits) EXS 292 (3 credits) EXS 267 (4 credits)	Up to 12	CHM 111 General Chemistry I, CHM 112 General Chemistry II, HLT 206 Intro to Kinesiology, HLT 110 Personal and Community Health, PHY 201 & PHY 202 or PHY 241 & PHY 242, MTH 263 Calculus I, SOC 200 Intro to Sociology, EDU 200 Foundations of Education	The following courses are required for the Kinesiotherapy Concentration at NSU. If not taken at VCCS, they will need to be taken at NSU. EXS 170 (3 credits) HED 170 (3 credits) PED 133 or PED 134 (1 credit) PED 158 (1 credit) CHM 215 & 215L (4 credits) EXS 291 (3 credits) EXS 292 (3 credits) EXS 267 (4 credits)	EXS 493G Clinical Internship in Exercise Science I	10	Practicum experiences require 500 hours of supervised field work conducted at an approved setting, which provide the opportunity to utilize and personalize knowledge gained in the classroom in a practical environment.

				EXS 493J Clinical Internship in Exercise Science II	10	Practicum experiences require 500 hours of supervised field work conducted at an approved setting, which provide the opportunity to utilize and personalize knowledge gained in the classroom in a practical environment.
CREDITS PRE-TRANSFER: 60-62				CREDITS POST-TRANSFER: 62		

TRANSFER GUIDANCE

Guaranteed Admission Agreement between NSU and the VCCS

This degree program is covered by NSU's Guaranteed Admission Agreement.

By meeting the following criteria, you are guaranteed admission to the B.S. in Exercise Science:

- Earn a transfer associate degree based on the Kinesiology curriculum.
- Earn a minimum of 2.5 GPA for the associate degree.
- A maximum of 63 credits will transfer and apply toward a bachelor's degree requirements.
- Submit your transfer application for Fall admission by March 1 and for Spring admission by December 1, including an unofficial transcript.
- Request an official transcript to be sent upon completing the associate degree.
- Transfer within four years of first enrolling at the community college and within one year of completing the appropriate associate degree.

Please visit the www.TransferVirginia.org portal to find course requirements for different majors (Transfer Tools) and Transfer Guides that outline course requirements for specific majors (Resource Center).

IMPORTANT LINKS & DATES:

- **University Transfer Center:** Transfer Admissions & Services <https://www.nsu.edu/transfer>
- **Register Intent to Transfer:** By the end of your first semester at the Community College through College Connect at www.TransferVirginia.org
- **Admission Application:** By May 1 at <https://www.nsu.edu/Admissions-Aid/Apply-Online>
- **Financial Aid:** <https://www.nsu.edu/tuition-and-financial-aid>
- **FAFSA - Free Application for Federal Student Aid:** By October 1 at studentaid.gov

WHAT SHOULD I CONSIDER WHEN SELECTING COURSES?

- There is a General Education Core requirement for all students matriculating at NSU. Students must pass these courses with a C or higher.
- In each of our majors, ALL major courses must be passed with a C or higher. Any major classes with a lower score must be repeated.
- At NSU, the exercise physiology course is in the first 2 years of our KT curriculum. Students may wish to take the course at a 4-year college prior to coming to NSU. It may and most likely will cause them to be at NSU longer than two years because it is a pre-requisite for many of the follow-on courses.
- Create a schedule for all required courses, pay attention to prerequisites and when courses are offered, and complete your first math and English courses in your first year. For help, see Transfer Steps and Resource Center at www.TransferVirginia.org
- Connect with an advisor at your community college and Norfolk State University within your first year. College Connect available in your account at www.TransferVirginia.org

IS THIS DEGREE RIGHT FOR ME?

- The total credit hours required for the Kinesiotherapy Concentration is 128 credit hours.
- The Clinical programs in our department are science intensive.
- Students must be prepared to study and work in study groups to remain on top of their studies and ensure that they understand their required materials.

- Tutoring is available to students as needed.

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

- **Associate Transfer Degree Completion:** Completion of a transfer-level associate degree satisfies all lower-division general education requirements.
- **Dual Enrollment – Completion of Associate Degree in HS:** The agreement of guaranteed admission into the college applies to students earning an associate degree concurrent with high school who have completed a transfer-approved degree with a minimum of 45 credits completed through a Virginia Community College, with a GPA of 2.0 or higher and that meets all requirements outlined in the Transfer Guide.
- **Credit for Prior Learning:** All course credits that were awarded by the two-year institution for equivalent prior learning experiences (IB, AP, CLEP, Military, etc.) will transfer based on the transfer equivalence for the course awarded.
- **Catalog Year:** Catalog year determined by first semester of attendance at the community college post high school graduation. For students maintaining continuous enrollment, this entitlement will be in effect for a minimum of four years from the time of the student's first enrollment at the two-year institution. Students must enroll at the four-year institution within one year of completing their associate degree.

IS THIS COLLEGE RIGHT FOR ME?

- NSU has been ranked by U.S. News and World Report as one of the Top 20 HBCUs in the nation.
- It is close to downtown Norfolk and within driving distance of Virginia Beach.
- On-campus housing is available.
- Weekend/evening/summer courses are available, and online degree options are available for several programs.
- NSU is a military-friendly institution. Learn more about our college at www.TransferVirginia.org.

DID YOU KNOW THAT...

- 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 NSU?

WHAT CAN I DO WITH THIS DEGREE?

- Health, Wellness and Rehabilitation (HWR) will provide graduates with the skills and knowledge needed for a range of careers including the areas of Cardiac Rehabilitation; Pulmonary Rehabilitation; and Sports Medicine (i.e., Physical Therapy, Athletic Training, Orthopedic Rehabilitation, and Exercise Physiology).
- The Certified Health/Physical Educator is trained to teach physical education in grades K-12. The teacher certification program in physical education also permits an add-on endorsement in health, aquatics, and/or driver education.
- The Health Fitness Instructor (HFI) is trained to deliver fitness training in corporate settings, health spas, and in other areas of the sport and fitness industry.
- The Certified Kinesiotherapist (KT) is a health care professional who, under the direction of a physician, treats the effects of disease, injury, and congenital disorders through the use of therapeutic exercise, rehabilitation exercise and education.
- Explore possible careers, salaries, and job outlook at www.TransferVirginia.org.

PROGRAM SUCCESSES & HIGHLIGHTS

- Our Bachelor of Science in Exercise Science-Kinesiotherapy Concentration graduates have experienced a 100% job placement rate.
- Two of our recent graduates have completed their Doctor of Physical Therapy degrees and are working in their professional field.

WHAT ARE MY CHANCES FOR GETTING ACCEPTED?

- NSU accepts close to 90 percent of students who complete an application.
- The average GPA of students admitted is a 2.9. However, admission into the Teacher Education program requires a minimum GPA of 2.5.
- Learn more about applying at www.TransferVirginia.org.

DO MORE WITH YOUR DEGREE!

- Our Bachelor of Science in Exercise Science has four concentrations: Physical Education and Health Education Concentration, Health Fitness Instructor Concentration, Kinesiotherapy Concentration, and Health Wellness and Rehabilitation Concentration.
- Completion of any of our four program areas provides our graduates with leadership skills and competitive training skills to successfully move into the workforce or continue on to work on an advanced degree.

OTHER THAN CLASSES, ARE THERE OTHER PROGRAM REQUIREMENTS?

- Students must pass Praxis I (or equivalent) and apply for admission to the Teacher Education program at the end of 60 hours or completion of the Associate degree.
- Students applying for admission to the Teacher Education program must have a minimum 2.5 grade point average with no grade below a “C” and must have passed VCLA exam and RVE, if applicable.
- Applicants are required to complete a portfolio that contains two letters of recommendation, a copy of their philosophy of education, an update on any disposition documents on file, as well as participate in an interview, and meet any other requirements as outlined in the guidelines provided at Office of Clinical Experiences and Student Services (OCESS) webpage <https://www.nsu.edu/education/cpd/index>.
- Students are to be admitted to teacher education prior to enrolling in any professional education observation participation course. Students must continue to maintain a 2.5 GPA and earn at least a grade of “C” for continuance in the Teacher Education program.
- Students enrolled in teacher education programs are required to pass additional state licensure assessments. These assessments are Virginia Communication and Literacy Assessment (VCLA), Reading for Virginia Educators (RVE) (Elementary and Special Education majors), and PRAXIS II Subject Assessments.
- Additional state certifications are offered through the Virginia Department of Education (VDOE). These certifications are Dyslexia and the Recognition of Child Abuse and Neglect.
- Candidates are required to complete the Emergency First Aid, Cardiopulmonary Resuscitation (CPR) and Use of Automated External Defibrillators (AED) training. Documentation of training must be submitted to the Office of Clinical Experiences and Student Services (OCESS) before you begin your student teaching.
- Prior to placements in practicum or internship, students are required to complete a universal background check, the Child Protective Service Central Registry Release of Information (032-02-1515/1), and a fingerprint check by the school division. Students may be liable for all costs incurred. Candidates must adhere to guidelines outlined in the field experience handbook and

located on the Office of Clinical Experiences and Student Services (OCESS) webpage <https://www.nsu.edu/education/cpd/index>.