

## Kinesiology, BS

### University of Central Missouri

Johnson County Community College Transfer Program to the University Central Missouri	Amanda Wakeman, PT, DPT
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Academic Year 2025-2026	<a href="https://www.ucmo.edu/academics/programs/majors/chst/nutritionkinesiology-andhealth/kinesiology/degree-inkinesiology/index.php">https://www.ucmo.edu/academics/programs/majors/chst/nutritionkinesiology-andhealth/kinesiology/degree-inkinesiology/index.php</a>

#### Program Description

The Associate of Arts degree (A.A.) (<https://catalog.jccc.edu/archives/2025-26/degree-requirements/associate-arts/>) at JCCC is a general transfer degree and partners well with the first two years of most bachelor degree programs. Students who transfer to UCM with an Associate of Arts degree are considered to have met all 42 hours of UCM's General Education requirements, with the exception of Major/Minor-Required General Education courses and the Constitution Requirement. Visit the UCM General Education Program guide (<https://nam12.safelinks.protection.outlook.com/?url=http%3A%2F%2Fnextcatalog.jccc.edu%2Ftransfer-guides%2Fcentral-missouri%2Fcentral-missouri-general-education%2F&data=05%7C02%7Cskhalif2%40jccc.edu%7C3bbbe8fc84564328cf7008de1320415e%7C15244239dcf245e7aefd127b69fc5438%7C1%7C0%7C638969226426500133%7CUnknown%7CTWFPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMCIsIIAiOjXaW4zMlslkFOljoITWFPbClslldUljoyfQ%3D%3D%7C0%7C%7C&sdata=2fEwF%2FitGtEBAX4dsIJ2vihW0Lf5GJaDs7z4GtDDwc8%3D&reserved=0>) for details. The elective hours within the A.A. allow students to complete additional general education and lower division courses required for specific majors/minors. Students who transfer to UCM without a degree (or a degree other than an AA) will have all coursework evaluated on a course-by-course basis. JCCC students not completing the AA degree should visit the UCM General Education Program guide (<https://nam12.safelinks.protection.outlook.com/?url=http%3A%2F%2Fnextcatalog.jccc.edu%2Ftransfer-guides%2Fcentral-missouri%2Fcentral-missouri-general-education%2F&data=05%7C02%7Cskhalif2%40jccc.edu%7C3bbbe8fc84564328cf7008de1320415e%7C15244239dcf245e7aefd127b69fc5438%7C1%7C0%7C638969226426500133%7CUnknown%7CTWFPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMCIsIIAiOjXaW4zMlslkFOljoITWFPbClslldUljoyfQ%3D%3D%7C0%7C%7C&sdata=2fEwF%2FitGtEBAX4dsIJ2vihW0Lf5GJaDs7z4GtDDwc8%3D&reserved=0>) for course equivalents and also the UCM catalog for any specific or additional General Education requirements for their UCM program of study.

NOTE: Courses taken to fulfill General Education requirements may not be taken on the pass/fail basis. Students should be cognizant of UCM's Upper-Level Course Requirement and Residence Requirement, especially if enrolling in more than 60 hours at JCCC. Visit the UCM General Education Program guide (<https://nam12.safelinks.protection.outlook.com/?url=http%3A%2F%2Fnextcatalog.jccc.edu%2Ftransfer-guides%2Fcentral-missouri%2Fcentral-missouri-general-education%2F&data=05%7C02%7Cskhalif2%40jccc.edu%7C3bbbe8fc84564328cf7008de1320415e%7C15244239dcf245e7aefd127b69fc5438%7C1%7C0%7C638969226426500133%7CUnknown%7CTWFPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMCIsIIAiOjXaW4zMlslkFOljoITWFPbClslldUljoyfQ%3D%3D%7C0%7C%7C&sdata=2fEwF%2FitGtEBAX4dsIJ2vihW0Lf5GJaDs7z4GtDDwc8%3D&reserved=0>) for details.

The Kinesiology, BS degree requires a minimum of 120 credit hours.

*It is the STUDENT'S RESPONSIBILITY to check for updates to all transfer information. This transfer guide is provided as a service and is updated as needed. Degree requirements at the four-year colleges are subject to change by those institutions. To ensure you have the most accurate information about the program, you must meet with an advisor at the transfer institution.*

## Program Requirements

### UCM General Education Requirements

All students must complete a minimum of 42 credit hours in general education. The following general education courses are required by this major.

Course Code	Course Title	Course Hours	Transfer Code	Transfer Title	Transfer Hours
Code	Title		Hours		
<b>Area 1</b>					
CHEM 122	Principles of Chemistry* +	5	CHEM 1104	General Chemistry I	4
<b>Area 2</b>					
CHEM 122	Principles of Chemistry* +	5	CHEM 1104	General Chemistry I	4
<b>Select one of the following:</b>					
CIS 124	Introduction to Computer Concepts and Applications +	3	CIS 1600	Business Info Management	3
CSS 128	PC Applications: MS Office +	3	CIS 1600	Business Info Management	3
ECON 230	Principles of Macroeconomics +	3	ECON 1010	Principles of Macroeconomics	3
<b>Area 3</b>					
CHEM 122	Principles of Chemistry* +	5	CHEM 1104	General Chemistry I	4
HPER 202	Personal Community Health +	3	HLTH 1100	Personal Health	3
PHIL 143	Ethics +	3	PHIL 2300	Ethics	3
PSYC 218	Human Development* +	3	PSY 3220	Life-Span Development	3
<b>Area 4</b>					
CHEM 122	Principles of Chemistry* +	5	CHEM 1104	General Chemistry I	4
PHIL 143	Ethics +	3	PHIL 2300	Ethics	3
PSYC 218	Human Development* +	3	PSY 3220	Life-Span Development	3
SOC 122	Introduction to Sociology +	3	SOC 1800	Introduction to Sociology	3
<b>Area 5</b>					
CHEM 124 & CHEM 125	General Chemistry I Lecture* and General Chemistry I Lab* +	4	CHEM 1131	General Chemistry I	5
PHIL 143	Ethics +	3	PHIL 2300	Ethics	3
PHYS 130	College Physics I* +	5	PHYS 1101	College Physics I	4
PSYC 218	Human Development* +	3	PSY 3220	Life-Span Development	3
<b>All Areas</b>					
MATH 171	College Algebra* +	3	MATH 1111	College Algebra	3
PSYC 130	Introduction to Psychology +	3	PSY 1100	General Psychology	3

### Kinesiology Major Requirements

(67-81 hours) with JCCC Equivalents

Course Code Code	Course Title Title	Course Hours	Transfer Code Hours	Transfer Title	Transfer Hours
<b>Core (44 hours)</b>					
BIOL 140	Human Anatomy +	4	BIOL 3401	Human Anatomy	3
BIOL 225	Human Physiology* +	4	BIOL 3402	Human Physiology	5
BIOL 235	The Science of Human Nutrition* +	3	NUTR 3340 Nutrition		

Select one of the 5 Areas (23-37 hours): Exercise Science; Corporate Fitness; Pre-Athletic Training; Pre-Occupational Therapy or Pre-Physical Therapy

### Area 1 – Exercise Science (23 hours)

Course Code Code	Course Title Title	Course Hours	Transfer Code Hours	Transfer Title	Transfer Hours
CHEM 122	Principles of Chemistry* +	5	CHEM 1104	General Chemistry I	4

### Area 2 – Corporate Fitness (35 hours)

Course Code Code	Course Title Title	Course Hours	Transfer Code Hours	Transfer Title	Transfer Hours
ACCT 121 & ACCT 122	Accounting I and Accounting II* +	6	ACCT 1101	Foundation/Financial Reporting	3
BLAW 261	Business Law I* +	3	BLAW 2720	Legal Environment of Business	3
CHEM 122	Principles of Chemistry* +	5	CHEM 1104	General Chemistry I	4

Select one of the following:

CIS 124	Introduction to Computer Concepts and Applications +	3	CIS 1600	Business Info Management	3
CSS 128	PC Applications: MS Office +	3	CIS 1600	Business Info Management	3
ECON 230	Principles of Macroeconomics +	3	ECON 1010	Principles of Macroeconomics	3

### Area 3 – Pre-Athletic Training (33 hours)

Course Code Code	Course Title Title	Course Hours	Transfer Code Hours	Transfer Title	Transfer Hours
<b>Select one of the following:</b>					
BIOL 127	General Zoology +	5	BIOL 1112	Animal Biology	4
BIOL 150	Biology of Organisms* +	5	BIOL 1112	Animal Biology	4
CHEM 122	Principles of Chemistry* +	5	CHEM 1104	General Chemistry I	4
HPER 202	Personal Community Health +	3	HLTH 1100	Personal Health	3
PHIL 143	Ethics +	3	PHIL 2300	Ethics	3
PSYC 218	Human Development* +	3	PSY 3220	Life-Span Development	3

## Area 4 – Pre-Occupational Therapy (30 hours)

Course Code Code	Course Title Title	Course Hours	Transfer Code Hours	Transfer Title	Transfer Hours
<b>Select one of the following:</b>					
BIOL 127	General Zoology +	5	BIOL 1112	Animal Biology	4
BIOL 150	Biology of Organisms* +	5	BIOL 1112	Animal Biology	4
HC 130	Medical Terminology for Healthcare Professions +	3	BIOL 3215	Medical Terminology	2-3
CHEM 122	Principles of Chemistry* +	5	CHEM 1104	General Chemistry I	4
PHIL 143	Ethics +	3	PHIL 2300	Ethics	3
PSYC 218	Human Development* +	3	PSY 3220	Life-Span Development	3
SOC 122	Introduction to Sociology +	3	SOC 1800	Introduction to Sociology	3

## Area 5 – Pre-Physical Therapy (37 hours)

Course Code Code	Course Title Title	Course Hours	Transfer Code Hours	Transfer Title	Transfer Hours
HC 130	Medical Terminology for Healthcare Professions +	3	BIOL 3215	Medical Terminology	2-3
<b>Select one of the following:</b>					
BIOL 127	General Zoology +	5	BIOL 1112	Animal Biology	4
BIOL 150	Biology of Organisms* +	5	BIOL 1112	Animal Biology	4
CHEM 124 & CHEM 125	General Chemistry I Lecture* and General Chemistry I Lab* +	4	CHEM 1131	General Chemistry I	5
CHEM 131 & CHEM 132	General Chemistry II Lecture* and General Chemistry II Lab* +	4	CHEM 1132	General Chemistry II	5
PHIL 143	Ethics +	3	PHIL 2300	Ethics	3
PHYS 130	College Physics I* +	5	PHYS 1101	College Physics I	4
PHYS 131	College Physics II* +	5	PHYS 1102	College Physics II	4
PSYC 218	Human Development* +	3	PSY 3220	Life-Span Development	3

## FREE ELECTIVES PER AREA:

Code	Title	Hours
Area 1 – Exercise Science		18
Area 2 – Corporate Fitness		11
Area 3 – Pre-Athletic Training		17
Area 4 – Pre-Occupational Therapy		20
Area 5 – Pre-Physical Therapy		10

\* JCCC course has a prerequisite or corequisite.

+ Grade of "C" or better required.