

## Exercise Science

### University of Kansas

Johnson County Community College Transfer Program to the University of Kansas	Academic Success Navigators
School of Education	913#897#8539
Exercise Science, Bachelor of Science (BS); Exercise Science, Bachelor of Applied Science (BAS - Hybrid)	kuecservices@ku.edu
Academic Year 2025-2026	edwards-campus.ku.edu/overview-bachelors-exercise-science

#### Program Description

The Associate of Arts (AA) (<https://catalog.jccc.edu/archives/2025-26/degree-requirements/associate-arts/>) degree is a general transfer degree and partners well with the first two years of most bachelor degree programs. Students pursuing the AA may select courses that satisfy both the AA degree requirements and lower division requirements for a bachelor's degree at four-year institutions. The elective hours within the AA allow students to complete additional general education and lower division courses required for specific majors. The AA degree requires completion of 60 credit hours. Meeting with a JCCC counselor (<https://www.jccc.edu/student-resources/counseling/academic-counseling/>) is strongly recommended for selection of appropriate courses.

- The Exercise Science B.S. degree is offered at the Lawrence and Edwards campuses.
- The Exercise Science B.A.S. degree is a Lawrence campus hybrid program. Many program courses are also offered through the KU Edwards campus.
- The Exercise Science program prepares individuals for careers in physical therapy, cardiac rehabilitation, and strength and conditioning.

## Admissions Requirements

- Students can be admitted into the Exercise Science program as transfer students if they are admitted to KU, declare Exercise Science as their major, and meet the following criteria:
  - A KU + Transfer Cumulative GPA of at least 2.75
- For information about initial admission (<https://admissions.ku.edu/>) to KU, visit the Office of Admissions. Visit the Office of International Support Services (<https://iss.ku.edu/>) for information about international admissions.
- Prospective Exercise Science students should consult an advisor early in the first year to plan efficient programs of study.
- The following minors and certificates may be used as elective choices: Minor in Sport Management; Business; Psychology; Public and Population Health; Sport & Exercise Psychology; and Nutrition or a Certificate in Entrepreneurship; Sport & Exercise Psychology; Public and Population Health; and Nutrition. Any listed major may be declared and completed as 18 elective credit hours OR taken as individual courses toward the 15 required elective hours.
- A maximum of 75 hours may be transferred to KU from community colleges. Students should be aware that 45 junior/senior credit hours are required for completion of the bachelor's degree; 30 of those hours must be at KU; and community college courses do not transfer as junior/senior hours.
- Only 6 hours of Credit/No Credit is allowed for general education courses. A student cannot take a class Credit/No Credit for any major requirement.
- Minimum total hours for graduation is 120.
- Students transferring to KU, that complete the General Education requirements required for the Associate of Arts (AA) (<https://catalog.jccc.edu/archives/2025-26/degree/requirements/associate-arts/>), Associate of Fine Arts (AFA) (<https://catalog.jccc.edu/archives/2025-26/degree/requirements/associate-fine-arts/>) or Associate of Science (AS) (<https://catalog.jccc.edu/archives/2025-26/degree/requirements/associate-science/>) degree from JCCC will be considered to have satisfied KU's Core 34 general education curriculum.
- Students who transfer to KU, without completing the General Education requirements required for the Associate of Arts (AA) (<https://catalog.jccc.edu/archives/2025-26/degree/requirements/associate-arts/>), Associate of Fine Arts (AFA) (<https://catalog.jccc.edu/archives/2025-26/degree/requirements/associate-fine-arts/>) or Associate of Science (AS) (<https://catalog.jccc.edu/archives/2025-26/degree/requirements/associate-science/>) degree will have courses evaluated on a course-by-course basis toward meeting KU requirements. To learn more about courses that satisfy KU Core 34 Requirements (<https://catalog.ku.edu/core34/>) and KU CredTran (<https://registrar.ku.edu/creditransfer/>).
- Visit the KU Core 34 General Education guide (<https://nam12.safelinks.protection.outlook.com/?url=http%3A%2F%2Fnextcatalog.jccc.edu%2Ftransfer-guides%2Fku%2Fku-general-education&data=05%7C02%7Cskhalif2%40jccc.edu%7C506a4b607ca34eaa00fb08de158ef1c2%7C15244239dcf245e7aefd127b69fc5438%7C1%7C0%7C638971900858599422%7CUnknown%7CTWFPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslIYiOiIwLjAuMDAwMCIslIAiOiJXaW4zMilslkFOljoitWFPbCIsldUljoyfQ%3D%3D%7C0%7C%7C%7C&sdata=b2O9VaVq9VFjN8MjKWQ4YCl60oq5GZXnn69Vpa2sSL0%3D&reserved=0>) for JCCC equivalents.

*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.*

## KU Core 34 Requirements

Course Code	Course Title	Course Hours	Transfer Code	Transfer Title	Transfer Hours
Code	Title	Hours			
ENGL 121	Composition I* +	3	ENGL 101	Composition	
ENGL 119	College Composition I with Review* +	5	ENGL 101	Composition	3
ENGL 122	Composition II* +	3	ENGL 102	Critical Reading and Writing	3

KU Core 34 Communications (<https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/>)

COMS 121	Public Speaking +	3	COMS 130	Public Speaking	
<p>KU Core 34 Math and Statistics (<a href="https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/">https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/</a>)</p>					
MATH 171	College Algebra* +	3	MATH 101	College Algebra	3
<p>KU Core 34 Natural and Physical Sciences (lab required) (<a href="https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/">https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/</a>)</p>					
BIOL 121	Introductory Biology for Non-Majors +1	4	BIOL 100 & BIOL 102	Principles of Biology and Principles of Biology Lab	4
<p>KU Core 34 Social and Behavioral Sciences (<a href="https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/">https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/</a>)</p> <p>Visit the KU Core 34 Social and Behavioral Sciences (<a href="https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/">https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/</a>) for JCCC equivalents. (Select two courses in two different disciplines – 6 hrs. total)</p>					
PSYC 130	Introduction to Psychology +	3	PSYC 104	General Psychology	3
<p>KU Core 34 Arts and Humanities (<a href="https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/">https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/</a>)</p> <p>Visit the KU Core 34 Arts and Humanities (<a href="https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/">https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/</a>) for JCCC equivalents. (Select two courses in two different disciplines – 6 hrs. total)</p>					
PHIL 143	Ethics +	3	PHIL 160	Introduction to Ethics	3
<p>KU Core 34 US Culture (<a href="https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/">https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/</a>)</p> <p>Visit the KU Core 34 US Culture (<a href="https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/">https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/</a>) for JCCC equivalents. Institutionally Designated</p>					
<p>KU Core 34 Global Culture (<a href="https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/">https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/</a>)</p> <p>Visit the KU Core 34 Global Culture (<a href="https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/">https://catalog.jccc.edu/transfer-guides/ku/ku-transfer-core34/</a>) for JCCC equivalents. Institutionally Designated</p>					

## Recommended JCCC courses for KU Bachelor of Science, Exercise Science

Course Code	Course Title	Course Hours	Transfer Code	Transfer Title	Transfer Hours
BIOL 140	Human Anatomy	4	BIOL 240 Fundamentals of Human Anatomy AND BIOL 241 Human Anatomy Observation Lab		
BIOL 225	Human Physiology*	4	BIOL 246 & BIOL 247	Principles of Human Physiology and Prin of Human Physiology Lab	5

BIOL 230 & BIOL 231	Microbiology* and Microbiology Lab*	3	BIOL 200 & BIOL 203	Basic Microbiology and Introductory Microbiology Lab	5
BIOL 235	The Science of Human Nutrition*	3	HSES 330	Princ of Nutrition Health	3
CHEM 124 & CHEM 125	General Chemistry I Lecture* and General Chemistry I Lab*	4	CHEM 130	General Chemistry I	5
CHEM 131 & CHEM 132	General Chemistry II Lecture* and General Chemistry II Lab*	4	CHEM 135	General Chemistry II	5
HPER 204	Care and Prevention of Athletic Injury	3	HSES 350	Care/Prevention Athletic Injur	3
HPER 215	Introduction to Exercise Science	3	HSES 269	Intro to Exercise Science	3

**Select one of the following:**

MATH 172	Trigonometry*	3	MATH 103	Trigonometry	2
MATH 173	Precalculus*	5	MATH 104	Precalculus Mathematics	5
MATH 231	Business and Applied Calculus I*	3	MATH 115	Calculus I	3
MATH 241	Calculus I*	5	MATH 125	Calculus I	4
PHYS 130	College Physics I*	5	PHSX 114	College Physics I	4
PHYS 131	College Physics II*	5	PHSX 115	College Physics II	4

**Select 15 credit hours from the following list of electives, minors and certificates: (Courses used to satisfy KU Core 34 requirement may not count toward this 15 credit hour requirement)**

Course Code	Course Title	Course Hours	Transfer Code	Transfer Title	Transfer Hours
<b>Code</b>	<b>Title</b>	<b>Hours</b>	<b>Hours</b>		
ANTH 160	Medical Anthropology	3	GIST 210	Culture and Health	3
BIOL 135	Principles of Cell and Molecular Biology	4	BIOL 150	Principles of Molecular Cellular Biology	
CHEM 220	Organic Chemistry I*	5	CHEM 330 & CHEM 331	Organic Chemistry I and Organic Chemistry I Laboratory	5
CHEM 221	Organic Chemistry II*	5	CHEM 335 & CHEM 336	Organic Chemistry II and Organic Chemistry II Lab	5

**Select one of the following:**

HC 130	Medical Terminology for Healthcare Professions	3	HEIM 230	Medical Terminology	3
HC 130	Medical Terminology for Healthcare Professions	3	HSES 371	Medical Terminolgy for Hlth Pr	3
MATH 201	Statistics*	3	MATH 365	Elementary Statistics	3
PSYC 215	Child Development*	3	PSYC 333	Child Development	3
SOC 122	Introduction to Sociology	3	SOC 104	Elements of Sociology	3

A maximum of 6 credit hours of foreign language courses can be counted as required elective credit. HSES advisor approval needed. Visit the JCCC Foreign Language courses (<https://catalog.jccc.edu/archives/2025-26/coursedescriptions/fl/>) for course options.

## Recommended JCCC courses for KU Bachelor of Applied Science, Exercise Science

Course Code	Course Title	Course Hours	Transfer Code	Transfer Title	Transfer Hours
BIOL 140	Human Anatomy	4	BIOL 240 Fundamentals of Human Anatomy AND BIOL 241 Human Anatomy Observation Lab		
BIOL 225	Human Physiology*	4	BIOL 246 & BIOL 247	Principles of Human Physiology and Prin of Human Physiology Lab	5
BIOL 235	The Science of Human Nutrition*	3	HSES 330	Princ of Nutrition Health	3
HPER 204	Care and Prevention of Athletic Injury	3	HSES 350	Care/Prevention Athletic Injur	3
HPER 215	Introduction to Exercise Science	3	HSES 269	Intro to Exercise Science	3

### Electives:

Students must complete 18 credit hours from the approved electives list. The remaining 23 credit hours are open elective hours. 3 (Courses used to satisfy KU Core 34 requirement may not count toward this 18-credit hour requirement) See below for a list of JCCC equivalent courses, additional courses must be taken at KU to satisfy required hours.

Course Code	Course Title	Course Hours	Transfer Code	Transfer Title	Transfer Hours
SOC 122	Introduction to Sociology	3	SOC 104	Elements of Sociology	3

### BAS Program Electives, Minors and Certificates

The following is a list of JCCC equivalent courses, additional courses may be taken at KU to satisfy hours for the BAS degree.

Course Code	Course Title	Course Hours	Transfer Code	Transfer Title	Transfer Hours
ACCT 122	Accounting II*	3	ACCT 200	Fund of Financial Accounting	4
BIOL 132	Introduction to Public Health	3	HSCI 340	Introduction to Public Health	3

#### Select one of the following:

BIOL 235	The Science of Human Nutrition*	3	HSES 330	Princ of Nutrition Health	3
DIET 151	Nutrition and Meal Planning	3	HSES 330	Princ of Nutrition Health	3
BUS 241	Principles of Management	3	MGMT 310	Principles of Management	3

#### Select one of the following:

HC 130	Medical Terminology for Healthcare Professions	3	HEIM 230	Medical Terminology	3
HC 130	Medical Terminology for Healthcare Professions	3	HSES 371	Medical Terminolgy for Hlth Pr	3
MKT 230	Marketing	3	MKTG 310	Marketing	3
PSYC 130	Introduction to Psychology	3	PSYC 104	General Psychology	3



PSYC 215	Child Development*	3	PSYC 333	Child Development	3
PSYC 220	Social Psychology*	3	PSYC 360	Social Psychology	3
SOC 122	Introduction to Sociology	3	SOC 104	Elements of Sociology	3

\* JCCC course has a prerequisite or corequisite.

+ This course is a Recommended Core 34: Systemwide General Education course. This specific course is not required but is recommended by the program's faculty.

O To view which JCCC courses are offered online, please see JCCC Online Learning (<https://www.jccc.edu/online-learning/>).

<sup>1</sup> Must have a minimum grade of "C" or better.

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