

TRANSFER GUIDE

AA Physical Education (K-12) transferring into BS Exercise Science

John A Logan College Courses			
AA Physical Education (K-12) – 63 hours			
COM 115-3	Speech	BIO 100-4	Biology for Non-Science Majors
ENG 101/113-3	English Comp I/Prof Tech Writing	Elective-3	IAI Fine Arts
ENG 102-3	English Composition II	HTH 100-3	Human Nutrition
MAT 120-3	Elementary Statistics	CHM 142-4	General Organic & Biochemistry II
Elective-3	IAI Social & Behavioral Science	EDC 200-3	Intro to Education
Elective-3	IAI Social & Behavioral Science	EDC 202-3	Human Growth, Development & Learning
PSY 132-3	General Psychology	EDC 203-3	Schooling in a Diverse Society
Elective-3	IAI Humanities	PEDE 202-3	Physical Education for Children
Elective-3	IAI Humanities	ORI 100-1	College 101
CHM 141-4	General Organic & Biochemistry I	Electives-5	
Southern Illinois University Carbondale Courses			
BS Exercise Science (ES) – 57 hours			
KIN 201-3	Intro to Human Movement Science	KIN 382-3	Graded Cardio Testing Exercise Prescpt
KIN 300-3	Musculoskeletal Anatomy	KIN 408-3	Advanced Exercise Prescription
KIN 313-3	Motor Behavior	KIN 420-3	Advanced Exercise Physiology
KIN 318-3	Behavioral Aspects of Exercise	KIN 421-3	Principles of Skeletal Muscle Action
KIN 320-3	Exercise Physiology	KIN 428-3	Physical Activity & Exercise Older Adults
KIN 321-3	Biomechanics of Human Movement	PH 334-3	First Aid & CPR
KIN 342-3	Pharmacology Sport AH Professionals	PHSL 201,208-4	Human Physiology w/Lab
1 Course-2	KIN 355F or 402	Electives-9	
KIN 381-3	Exercise & Nutrition		
Total Hours to Bachelor Degree: 120 Hours			

Questions? Contact Us!

John A Logan College

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Salary Range: \$48,000-\$60,000

Possible Careers: Physical Therapist
Personal Trainer
Exercise Specialist
Exercise Physiologist



Baccalaureate Degree Requirements

Each candidate for a bachelor's degree must complete the requirements listed:

Hour Requirements. Student must complete at least 120 semester hrs of credit. Each student must have at least 42 hrs in courses that number 300 or above from a four-year institution.

Residence Requirements. Student must complete the residency requirement by taking a total of 42 semester hrs at SIU Carbondale.

Grade Point Average Requirements. Student must have a C average for all work taken at SIU Carbondale. Some academic programs may require a higher graduating major GPA.

Compact Agreement

SIU Carbondale has recognized Illinois regionally accredited community college transferable baccalaureate-oriented Associate of Arts or Associate of Science degrees under the Compact Agreement since 1970. SIUC will continue to recognize the baccalaureate oriented associate degree (A.A. or A.S. degree) under the Illinois Articulation Initiative as satisfying SIU University Core Curriculum (UCC) requirements. The Associate of Applied Science (A.A.S.), Associate in Engineering Science (A.E.S.), the Associate in General Studies (A.G.S.), and the Associate in Fine Arts (A.F.A.) are not covered under the Compact Agreement and do not carry the same benefits as the A.A. and A.S. degrees.

Saluki Transfer Pathways

[Saluki Transfer Pathways](#) is the university's dual admission program that allows baccalaureate-oriented students at eligible community colleges intending to transfer to SIU Carbondale to benefit from early admission and pre-advisement for a baccalaureate program at SIUC. Saluki Transfer Pathways allows students to be conditionally admitted to SIU Carbondale up to two years in advance of their intended transfer term so they have access to transfer credit evaluation and the university's degree audit system. This allows students to address major specific requirements that may not be automatically fulfilled with the completion of an associate degree. Students apply to Saluki Transfer Pathways by completing the Application for Undergraduate Admission and indicating an interest in the program. To participate, students must have at least two semesters remaining at their community college, [must attend an eligible community college](#), and [must select a participating SIU major](#). Direct questions about the Saluki Transfer Pathways program to transfer@siu.edu.

DegreeWorks

DegreeWorks is an easy-to-use, online degree audit tool specifically designed for students. Once admitted to SIU Carbondale, you can use it monitor your progress toward your degree in [Salukinet](#).

Saluki Transfer Estimator Portal (STEP)

The [Saluki Transfer Estimator Portal](#) (STEP) is a web-based tool that integrates institutional course equivalency and degree audit data to provide an unofficial credit estimation and a more seamless transfer process. STEP gives transfer students a clear roadmap for timely degree completion by providing key information about how transfer credits apply to your intended program at SIU.

PROGRAM ARTICULATION DEGREE PLAN					
John A Logan College	2024-2025	Southern Illinois University Carbondale			
AA Physical Education (K-12) - 63 Hours		BS Exercise Science (ES) - 120 hours			
		University Core Curriculum (UCC) - 39 hrs*			
		Hrs			Hrs
			UNIV 101	Saluki Success	NA
COM 115	Speech	3	CMST 101	Intro to Oral Communication	T
ENG 101 -or- 113	English Composition I -or- Professional Technical Writing	3	ENGL 101	English Composition I	T
ENG 102	English Composition II	3	ENGL 102	English Composition II	T
MAT 120	Elementary Statistics	3	MATH 282	Intro to Statistics	T
	IAI Social & Behavioral Science	3	SOCIAL SCIENCE	See SIUC Transfer Equivalency Guide	T
	IAI Social & Behavioral Science	3	SOCIAL SCIENCE	See SIUC Transfer Equivalency Guide	T
PSY 132	General Psychology	3	PSYC 102	Intro to Psychology	T
	IAI Humanities	3	HUMANITIES	See SIUC Transfer Equivalency Guide	T
	IAI Humanities	3	HUMANITIES	See SIUC Transfer Equivalency Guide	T
CHM 141	General Organic & Biochemistry I	4	CHEM 140A	Chemistry	T
BIO 100	Biology for Non-Science Majors	4	ZOOL 115	General Biology	T
	IAI Fine Arts	3	FINE ARTS	See SIUC Transfer Equivalency Guide	T
HTH 100	Human Nutrition	3	HND 101	Personal Nutrition	T
EDC 203	Schooling in a Diverse Society	3	EDUC 211	Diversity in Education	T
		44			0
			*An AA from a regionally accredited Illinois community college satisfies UCC requirements		
Program Requirements			Program Requirements		
Electives		5	Any unarticulated courses will be used to satisfy general elective credit		
EDC 200	Intro to Education	3			
ORI 100	College 101	1			
CHM 142 (elective)	General Organic & Biochemistry II	4			
EDC 202	Human Growth, Development & Learning	3	CHEM 140B	Chemistry	T
PEDE 202	Physical Education for Children	3	EDUC 214 (elective)	Human Development & Learning	T
		19	KIN 202 (elective)	Physical Education & Activities for Classroom Teachers	T
			KIN 201	Intro to Human Movement Science	3
			KIN 300	Musculoskeletal Anatomy	3
			KIN 313	Motor Behavior	3
			KIN 318	Behavioral Aspects of Exercise	3
			KIN 320	Exercise Physiology	3
			KIN 321	Biomechanics of Human Movement	3
			KIN 342	Pharmacology for Sport & Allied Health Professionals	3
			KIN 355F -or- 402	Practicum-Exercise Science -or- Exercise Programming for Cancer Survivors & Caregivers	2
			KIN 381	Exercise & Nutrition	3
			KIN 382	Graded Cardiovascular Testing & Exercise Prescription	3
			KIN 408	Advanced Exercise Prescription	3
			KIN 420	Advanced Exercise Physiology	3
			KIN 421	Principles of Skeletal Muscle Action	3
			KIN 428	Physical Activity & Exercise for Older Adults	3
			PH 334	First Aid & CPR	3
			PHSL 201 -and- 208	Human Physiology w/Lab	4
			Electives	As needed to reach 120 hours	9
					57
Total semester hrs completed with AA degree:		63	Total semester hrs completed with BS degree:		57
			Total hrs to BS degree:		120
<i>Degree Plan updated on 9/9/24 by SG</i>					