

IOWA STATE UNIVERSITY
College of Human Sciences
major in Kinesiology and Health

Transfer Planning Guide for
Des Moines Area Community College
(Based on the Iowa State University 2007-2009 Catalog)

The courses listed below can be taken at Des Moines Area Community College to satisfy requirements of the Health & Human Performance major at Iowa State University. This document was accurate on the date it was prepared, but may not reflect subsequent changes by Iowa State or DMACC. For this reason, this transfer plan should be used as a guide only, and should not replace contact with a DMACC adviser and an Iowa State adviser. For clarification or additional information regarding this ISU curriculum contact:

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No more than 65 semester credit hours earned at a two-year college can be applied to a baccalaureate degree at Iowa State University. Iowa State will accept up to 16 semester hours of credit earned in vocational-technical courses if the sending community college accepts such courses toward its Associate in Art or Associate in Science degrees.

DMACC			
COURSE #	COURSE	ISU Equivalent	Credits

Communication Skills (12.5 credits needed - 10 cr can be completed at DMACC - need grade of "C" or better in composition courses)			
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ENG 105	Composition I	ENGL 150	3
ENG 106	Composition II	ENGL 250	3
SDV 171	Library Instruction	LIB 160	1
SPC 101	Fundamentals of Oral Communication	SP CM 212	3

Humanities (6 credits from any classes below)			
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ART 101	Art Appreciation	ART 292	3
DRA 101	Introduction to Theatre	THTR 106	3
FLC 141	Elementary Chinese I	CHIN 101	4
FLC 142	Elementary Chinese II	CHIN 102	4
FLC 241	Intermediate Chinese I	CHIN 201	4
FLC 242	Intermediate Chinese II	CHIN 202	4
FLF 141	Elementary French I	FRNCH 101	4
FLF 142	Elementary French II	FRNCH 102	4
FLF 241	Intermediate French I	FRNCH 201	4
FLF 242	Intermediate French II	FRNCH 202	4
FLG 141	Elementary German I	GER 101	4
FLG 142	Elementary German II	GER 102	4
FLG 241	Intermediate German I	GER 201	4
FLG 242	Intermediate German II	GER 202	4
FLI 141	Elementary Italian I	F LNG 100-	4
FLI 142	Elementary Italian II	F LNG 100-	4
FLI 241	Intermediate Italian I	F LNG 200-	4
FLI 242	Intermediate Italian II	F LNG 200-	4
FLS 141	Elementary Spanish I	SPAN 101	4

FLS 142	Elementary Spanish II	SPAN 102	4
FLS 241	Intermediate Spanish I	SPAN 201	4
FLS 242	Intermediate Spanish II	SPAN 202	4
HIS 112	West Civ: Ancient to Early Modern	HIST 201	4
HIS 113	West Civ: Early Modern to Present	HIST 202	4
HIS 150	U.S. History to 1877	HIST 221	4
HIS 153	U.S. History since 1877	HIST 222	4
HIS 160	Pacific Century	HIST 200-	3
HIS 201	Iowa History	HIST 200-	3
HIS 257	African-American History	HIST 200-	3
HIS 266	The Civil War	HIST 200-	3
HUM 121	America in the Movies	HUM 100-	3
LIT 101	Intro to Literature	ENGL 201	3
LIT 110	American Literature to Mid 1800's	ENGL 231	3
LIT 111	American Literature since Mid 1800's	ENGL 231	3
LIT 130	African American Literature	ENGL 200-	3
LIT 142	Major British Writers	ENGL 230	3
LIT 185	Contemporary Literature	ENGL 200-	3
LIT 193	Humor in Literature	ENGL 200-	3
MUS 100	Music Appreciation	MUSIC 102	3
PHI 101	Introduction to Philosophy	PHIL 201	3
PHI 105	Introduction to Ethics	PHIL 230	3
PHI 110	Introduction to Logic	PHIL 206	3
REL 101	Survey of World Religions	RELIG 205	3

Social Sciences (9 credits for entire area)

PSY 111	Introduction to Psychology	PSYCH 101	3
OR			
PSY 121	Developmental Psychology	PSYCH 230	
SOC 110	Introduction to Sociology	SOC 134	3*
* Soc 110 is not required for Community/Public Health option.			
3 additional crs of choice from Soc, Psych, Econ, Anthro, Pol Sci			3

Biological and Physical Sciences (12 credits minimum)

BIO 168	Anatomy and Physiology I	BIOL 255	3
	Anatomy and Physiology I Lab	BIOL 255L	1
BIO 173	Anatomy and Physiology II	BIOL 256	3
	Anatomy and Physiology II Lab	BIOL 256L	1
HCM 236	Human Nutrition	FS HN 167	3
PHY 106	Survey of Physics	PHYS 106	4*
OR			
PHY 162	College Physics I	PHYS 111	
* Phys 106/162 are not required for Community/Public Health option.			

Math, Statistics & Computer Science (9 credits needed)

MAT 121 or	College Algebra	MATH 140	1-3
MAT 130 or	Trigonometry	MATH 141	3
MAT 211	Calculus I	MATH 165	5
MAT 157	Statistics	STAT 101	4

BASIC CORE REQUIREMENTS (8 credits - 5 cr available at DMACC - required for ALL HHP options)

PEH 102	Health	HS 110	3
PEA 144	Physical Fitness & Conditioning	EX SP 258	2

OPTION-SPECIFIC REQUIREMENTS: There are six career options within Kinesiology and Health -- athletic training, community/public health, exercise science, general studies, health/fitness management and physical education licensure. Talk with an adviser at ISU to determine which option fits your career interest. The General Studies program is a flexible program that is used to accommodate career preparations which are not available as a structured option. The following are additional courses that can be taken at DMACC, depending on the career interest you have.

ATHLETIC TRAINING (AT)

CHM 122	Introduction to General Chemistry	CHEM 100-	4**
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COMMUNITY/PUBLIC HEALTH (CPH)

BIOL 112	General Biology I and lab	BIOL 211 BIOL 211L	4
BIOL 187 or BIOL 732	Microbiology Health Science Microbiology	MICRO 200-	4
CHM 122	Introduction to General Chemistry	CHEM 100-	4
ECE 130	Emergency Care	HS 105	1
ECN 130	Principles of Microeconomics	ECON 101	3
MKT 110	Principles of Marketing	MKT 200-	3
PSY 261	Human Sexuality	HD FS 276	3

EXERCISE SCIENCE (ES) - This option prepares students for professional school - PT, OT, PA, Human Medicine, etc. Be sure to check which sciences you will need to qualify for the professional school you are interested in.

BIO 112	General Biology I and lab	BIOL 211 BIOL 211L	3 1
BIOL 113	General Biology II and lab	BIOL 212 BIOL 212L	3 1
CHM 165	Gen/Inorganic Chemistry I and lab	CHEM 177 CHEM 177L	4
CHM 175	Gen/Inorganic Chemistry II and lab	CHEM 178 CHEM 178L	4
CHM 263	Organic Chemistry I and lab	CHEM 331 CHEM 331L	5
CHM 273	Organic Chemistry II and lab	CHEM 332 CHEM 332L	5
PHY 172	College Physics II	PHYS 112	4

HEALTH/FITNESS MANAGEMENT (HFM)

ECN 130	Principles of Microeconomics	ECON 101	3
MKT 110	Principles of Marketing	MKT 200-	3
PEH 265	Leadership Techniques for Fitness Progr	EX SP 259	2
PET 110	Introduction to Athletic Training	EX SP 220	2

PHYSICAL EDUCATION LICENSURE (PEL)

EDU 213	Introduction to Education	CI 204	3
HIS 150 or HIS 153 or POL 111	US History US History American National Government	HIST 221 HIST 222 POL S 215	3
PEH 265	Leadership Techniques for Fitness Progr	EX SP 259	2

Graduation Requirements -- a minimum of 124 credits must be earned to graduate with no more than 65 credits applied from community college work. In addition, 46 credits from 300+ course work must also be completed. A Bachelor of Science degree in Kinesiology and Health is awarded upon completion of course work at Iowa State University.