



Aims2UNC Curriculum Map*

Liberal Arts, A.A. / Sport and Exercise Science – Human Performance Emphasis, B.S.

2021-2022 Catalog

Degree Requirements – 120 credits

*Curriculum Map for students transitioning from Aims Community College to the University of Northern Colorado for the purpose of completing a Bachelor of Science in Sport and Exercise Science – Human Performance Emphasis. An AA/AS degree from Aims will result in a waiver of UNC’s Liberal Arts Curriculum (general education) and the transfer of at least 60 credits depending on course grades from Aims. Courses with grades below a C- will not transfer to UNC, which could result in a transfer of fewer than 60 credits. See Aims advisor for appropriate sequence of Aims courses.

YEAR 1 - FALL (14 credits)		YEAR 1 - SPRING (16 credits)	
ENG 121 - English Composition I (UNC Equivalent: ENG 122 - College Composition)	3 credits	ENG 122 – English Composition II (UNC Equivalent: ENG 123 - College Research Paper)	3 credits
Recommend MAT 121 – College Algebra (UNC Equivalent: MATH 124 – College Algebra) OR any Mathematics [MA1] course **	4 credits	BIO 111 – General College Biology w/Lab (UNC Equivalent: BIO 110 – Principles of Biology)	5 credits
PED 100 – Fitness Concepts	1 credits	Any Arts & Humanities [AH1, AH2, AH3, AH4] course **	3 credits
Recommend PSY 101 – General Psychology I OR any Social & Behavioral Sciences [SS1, SS2, SS3] course **	3 credits	CHE 101 – Intro to Chemistry I w/Lab (UNC Equivalent: CHEM 101 – Chemistry for Citizens AND CHEM 102 – Chemistry for Citizens Laboratory)	5 credits
HWE 111 – Health & Wellness (UNC Equivalent: HURS 209 – Foundations of Health Promotion/Health Education)	3 credits		
YEAR 2 - FALL (15 credits)		YEAR 2 - SPRING (15 credits)	
HWE 100 – Human Nutrition (UNC Equivalent: FND 250 – Principles of Nutrition)	3 credits	Any Arts & Humanities [AH1, AH2, AH3, AH4] OR any Social & Behavioral Sciences [SS1, SS2, SS3] OR any History [HI1] course **	3 credits
CHE 102 – Intro to Chemistry II w/Lab (UNC Equivalent: CHEM 281 – Fundamentals of Biochemistry)	5 credits	BIO 202 – Human Anatomy & Physiology II w/Lab (UNC Equivalent: BIO 246 – Advanced Human Anatomy and Physiology)	4 credits
Recommend PHI 112 – Ethics (UNC Equivalent: PHIL 150 – Moral Issues) OR any Arts & Humanities [AH1, AH2, AH3, AH4]	3 credits	HPE 231 – Prev. & Care of Sport Injuries (UNC Equivalent: SES 280 – Prevention and Care of Sports Injuries)	3 credits
BIO 201 – Human Anatomy & Physiology I w/Lab (UNC Equivalent: BIO 245 – Introduction to Human Anatomy and Physiology)	4 credits	Recommend HIS 247 – 20 th Century World OR any History [HI1] course **	3 credits
		PED 103 – Weight Training II	2 credits
YEAR 3 - FALL (15 credits)		YEAR 3 - SPRING (15 credits)	
SES 123 - Intro to Sport and Exercise Science*	3 credits	SES 324 - Exercise Physiology II	3 credits
SES 220 - Anatomical Kinesiology	4 credits	SES 331 - Biomechanics	3 credits
SES 322 - Exercise Physiology I	3 credits	SES 333 - Psychology of Exercise & Physical Activity	3 credits
University Wide elective	2 credits	Required major elective	3 credits
Required major elective	3 credits	University Wide elective	3 credits

YEAR 4 - FALL (15 credits)		YEAR 4 - SPRING (15 credits)	
SES 426 - Motor Control	3 credits	SES 492 - Internship	12 credits
SES 490 - Exercise Assessment & Program	3 credits	University Wide elective	3 credits
Required major electives	6 credits		
University Wide elective	3 credits		

*Assuming student has a transfer of at least 60 credits

** For a full listing of approved Guaranteed Transfer (GT) courses in these categories please refer to the current catalog.

*** For a full listing of approved Associate of Arts (AA) electives, please refer to the current catalog.

Admission Requirement – Admission to UNC

Minor Required – None

Contact Information – Dr. Gary Heise

Department/School Name: University of Northern Colorado – Sport and Exercise Science

Location and Phone Number: Gunter Hall 2620 – 970-351-1738

Website: <http://www.unco.edu/NHS/ses>

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