



Associate in Arts at Harper College to Bachelor's Degree in Kinesiology & Allied Health at Illinois Wesleyan University

*This is a suggested course pattern. Students must work with their advisor to develop a curriculum plan that meets their scheduling needs. ** indicates course needed for the major. + indicates an IWU graduation requirement*

HARPER COLLEGE			
FIRST YEAR	COURSE NAME	CREDIT HOURS	
		FALL	SPRING
ENG 101	Composition	3	
IAI Social Behavioral Sci	IAI Social Behavioral Sci	3	
BIO 260**	Human Anatomy (IWU BIOL 107)	4	
Language 101	Elementary Language I	4	
KIN 200**	Intro to Kinesiology (IWU KIN 100)	3	
ENG 102	Composition		3
Humanities Gen Ed	Any IAI Humanities		3
BIO 261**	Human Physiology (IWU 108)		4
Language 102	Elementary Language II		4
IAI Life Science	Any IAI Life Science (one science must include lab)		4
Total Credit Hours		17	18
SECOND YEAR	COURSE NAME	CREDIT HOURS	
		FALL	SPRING
SPE 101	Fundamentals of Speech Communication	3	
IAI Physical Sci or CHM 121*	IAI Physical Sci or Chemistry I (IWU 201)	3-5	
Language 201+	Intermediate Language I	4	
MTH 165	Elementary Statistics	4	
KIN 230 or CHM 122*	Exercise Sci (sub IWU Peth 330) or Chem II (IWU 202)		3-5
IAI Fine Arts	Any IAI Fine Arts		3
IAI Humanities/Fine Arts	Any IAI Humanities/Fine Arts		3
IAI Social Behavioral Sci	Any IAI Social Behavioral Sci		3
IAI Social Behavioral Sci	Any IAI Social Behavioral Sci		3
Total Credit Hours		14-16	15-17

Note: This major provides the knowledge and competencies related to a variety of health and fitness environments. If you are planning to pursue a career in physical therapy or nutrition/dietetics, you should choose CHEM 121 as your physical science and also complete CHEM 122. If you are pursuing a career in athletic training, select CHEM 121 as your physical science. *Complete both BIO 260 & BIO 261 with a C or better to be equivalent to IWU 107 & 108.*

- Harper College [Diversity Requirement https://www.harpercollege.edu/catalog/handbook/requirements/diversity.php](https://www.harpercollege.edu/catalog/handbook/requirements/diversity.php)
- Elective options: KIN 221 Care/Prevention of Athletic Injuries (substitute for IWU PETH 326), KIN 225 Sports Nutrition (substitute for IWU KIN 323), NTR 101 Fundamentals of Nutrition (IWU HLTH 230).

- At Harper College, choose a (G) Global Diversity and a (U) US Diversity course from recommended list to meet IWU graduation requirements. **Global Diversity options:** ANT 202, HST245, HUM 106, PSC 250, SOC 120. **US Diversity options:** HST 111, HST 112, MUS 104, MUS 106, PSC 101, SOC 230, SOC 235, THE 121.

ILLINOIS WESLEYAN UNIVERSITY			
THIRD YEAR	COURSE NAME	UNIT HOURS	
		FALL	SPRING
KIN 325	Kinesiology	1	
Major 1	Elective in Major	1	
Major 2	Upper-Level Elective in Major	1	
1xx - 4xx	Elective	1	
KIN 100	Intro to Exercise Science (if not completed at Harper)		1
KIN 330	Exercise Physiology (if not completed at Harper)		1
Major 3	Upper-Level Elective in Major		1
3xx or 4xx	Upper-Level Elective		1
Total Units		4	4
FOURTH YEAR	COURSE NAME	UNIT HOURS	
		FALL	SPRING
Major 4	Upper-Level Elective in Major	1	
Major 5	Upper-Level Elective in Major	1	
1xx - 4xx	Elective (possibly physics I)	1	
2xx - 3xx	Elective (If planning on graduate school, choose BIOL 323, 395 or PSYC 227)	1	
KIN 327	Essentials of Strength & Conditioning (W)		1
HLTH 490	Practicum		1
1xx - 4xx	Elective (possibly physics II)		1
1xx - 4xx	Elective		1
Total Units		4	4

Major course electives should be selected with an IWU advisor based on an area of professional interest.

Areas of Professional Interest: 1) Physical Therapy, 2) Occupational Therapy, 3) Strength & Conditioning/ Personal Training, 4) Athletic Training, 5) Nutrition/ Dietetics, 6) Sport Psychology

- Activity courses such as weight training are encouraged. However, physical education courses are not counted as academic units at IWU and will not count toward the 32 units required for graduation.
- Students should follow the Associates in Arts degree at Harper as opposed to the Associates in Science degree. The AA degree includes the Gen Ed Certificate, which is a complete package of transferable General Education Core Courses (IAI).
- AP scores of 3, 4, or 5 and Standard level IB scores of 5 or higher will receive 1 unit of credit.
- The IWU Second Language requirement can be met by completing the intermediate level (201) course of any language or by earning a 4 or 5 on the AP exam in a second language. Visit the IWU website for information: <https://www.iwu.edu/registrar/transfer-credit-faq.html>
- Remedial math courses may be needed to prepare for the math requirement. However, the remedial course will not transfer to IWU. Adjust course schedule accordingly to complete degree.
- Students should complete a minimum of 64 semester hours, not including remedial or PE courses, at Harper to be on track to complete their bachelor's degree in a total of 4 years.
- Students are required, at minimum, to complete 16 units of coursework at IWU including half of all major requirements.
- IWU graduation requirements: 32 total courses and 32 total units with 9 courses and 9 units of upper level (300/400) courses. (1 IWU unit = 4 semester hours)