



Associate in Arts at Heartland Community College to Bachelor's Degree in Kinesiology and 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*

HEARTLAND COMMUNITY COLLEGE			
FIRST YEAR	COURSE NAME	CREDIT HOURS	
		FALL	SPRING
ENGL 101	Critical Reading and Writing	3	
IAI Social Behavioral Sci	IAI Social Behavioral Sci	3	
BIOL 181**	Anatomy & Physiology I (IWU 107)	4	
Language 101	Elementary Language I	4	
IAI Social Behavioral Sci	Any IAI Social Behavioral Sci	3	
ENGL 102	Multimodal Composition		3
Humanities Gen Ed	Any IAI Humanities		3
BIOL 182**	Anatomy & Physiology II (IWU 108)		4
Language 102	Elementary Language II		4
IAI Life Science	Any IAI Life Science		3-4
Total Credit Hours		17	17/18
SECOND YEAR	COURSE NAME	CREDIT HOURS	
		FALL	SPRING
COMM 101	Intro to Oral Communication	3	
CHEM 161 (see note)	General Chemistry I (IWU 201) or IAI Physical Sci	4-5	
Language 201+	Intermediate Language I	4	
IAI Math**	GECC Math, MATH 141 Statistics suggested if planning on graduate school after bachelor's degree	4	
CHEM 162 (see note)	General Chemistry II (IWU 202) (see note)		3/5
IAI Fine Arts	Any IAI Fine Arts		3
IAI Social Behavioral Sci	Any IAI Social Behavioral Sci		3
IAI Humanities/Fine Arts	Any IAI Humanities/Fine Arts		3
HLTH 120**	Nutrition (IWU HLTH 230)		3
Total Credit Hours		15/ 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 201 as your physical science and also complete CHEM 202. If you are pursuing a career in athletic training, select CHEM 201 as your physical science. If not completing CHEM 162, you can choose HLTH 225 (Clinical Kinesiology) (substitute for IWU KIN 325).

Complete both BIOL 181 & BIOL 182 with a C or better to be equivalent to IWU 107 & 108

ILLINOIS WESLEYAN UNIVERSITY			
THIRD YEAR	COURSE NAME	UNIT HOURS	
		FALL	SPRING
KIN 325	Kinesiology (if not completed at HCC)	1	
Major 1	Elective in Major	1	
Major 2	Upper Level Elective in Major	1	
1xx - 4xx	Elective	1	
KIN 330	Exercise Physiology		1
KIN 100	Intro to Exercise Science		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)		
2xx - 3xx	Elective (If planning on graduate school, choose BIOL 323, 395 or PSYC 227)	1	
		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

- To meet IWU graduation requirements choose one course from each group. 1 **US Diversity** (CHLD 207, Film 211, HIST 135, 136, 210, MUSI 260, POS 101, SOC 110, SOC 135, or SOC 221) and 1 **Global Diversity** (ANTH 101, HIST 150, HUMA 215, HUMA 270, MUSI 160, POS 145, POS 151, JAPN 202, SPAN 202) while at Heartland.
- 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 Heartland 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 HCC 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) 2024-2025