

**ASSOCIATE IN ARTS  
TO A  
BACHELOR OF SCIENCE IN EDUCATIONAL STUDIES:  
EXERCISE SCIENCE AND WELLNESS**



**UNIVERSITY OF MISSOURI – ST. LOUIS &  
ST. LOUIS COMMUNITY COLLEGE  
TRANSFER GUIDE**



**This Guide is intended for the use of students who plan on transferring from St. Louis Community College (STLCC) with a completed Associate in Arts to the University of Missouri – St. Louis (UMSL) to pursue a Bachelor of Science in Educational Studies: Exercise Science and Wellness.**

The following are the requirements of the STLCC Associate in Arts degree program as they are recommended for students intending to continue on into UMSL’s Bachelor of Science in Educational Studies: Exercise Science and Wellness. Completing these requirements as they are recommended here will maximize the transferability of a student’s coursework toward their UMSL Bachelors degree. Further details of this Associates degree program, as well as comprehensive lists of courses that satisfy each General Education component, may be found within the STLCC course catalog or may be obtained through a STLCC advisor.

This guide is intended for use under advisement of a STLCC Academic Advisor or UMSL Transfer Specialist and is not considered to be substitution of such advisement.

**GENERAL EDUCATION**

**Foundation Courses      13 Hours**

- ENG 101 College Composition I (3)
- ENG 102 College Composition II (3)
- Complete 1 of the following courses:
  - COM 101 Oral Communication I (3)
  - COM 107 Public Speaking (3)
- Complete 1 of the following courses:
  - MTH 160 College Algebra (4)
  - MTH 161 Application of College Mathematics (4)

**Social and Behavioral Sciences    9 Hours**

- Complete 1 course to satisfy the Missouri Constitution requirement: \_\_\_\_\_
- ECO 152 Principles of Microeconomics (3)
- Complete 1 additional course in Social and Behavioral Science Course: \_\_\_\_\_

**Humanities and Fine Arts      9 Hours**

- Complete 3 courses in the Humanities and Fine Arts:
  - Humanities and Fine Arts Course: \_\_\_\_\_
  - Humanities and Fine Arts Course: \_\_\_\_\_
  - Humanities and Fine Arts Course: \_\_\_\_\_

**Life and Physical Sciences      7 Hours**

- Complete 1 Laboratory Course in the Life and Physical Sciences: \_\_\_\_\_
- Complete 1 additional course in the Life and Physical Sciences: \_\_\_\_\_

**Interdisciplinary Studies      3 Hours**

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Complete 1 course in Interdisciplinary Studies: \_\_\_\_\_

**Capstone                    1 Hour**

GEN 200 Capstone (1)

**PHYSICAL EDUCATION ACTIVITY                    2 HOURS**

Complete 2 courses in Physical Education:

Physical Education Course: \_\_\_\_\_

Physical Education Course: \_\_\_\_\_

**ELECTIVES                    22 HOURS**

A student must complete enough Elective Coursework to reach 64 Total Hours:

**PSY 213 Psychology of Aging (3)**

Elective Course: \_\_\_\_\_

Elective Course: \_\_\_\_\_

Elective Course: \_\_\_\_\_

Elective Course: \_\_\_\_\_

Elective Course: \_\_\_\_\_

Elective Course: \_\_\_\_\_

Elective Course: \_\_\_\_\_

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Students that plan to transfer to UMSL to pursue a Bachelors of Science in Educational Studies: Exercise Science and Wellness but do not wish to complete an Associates degree at STLCC should focus on completing the **Highlighted Courses** above in conjunction with those outlined in the [STLCC General Education Transfer Guide](#).

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For any questions regarding this guide please contact the UMSL Office of Transfer Services at (314) 516-5162.