

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



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



This Guide is intended for the use of students who plan on transferring from Southwestern Illinois College (SWIC) 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 SWIC 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 SWIC course catalog or may be obtained through a SWIC advisor.

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

Communications 9 Hours

- ENG 101 Rhetoric & Composition I (3)
- ENG 102 Rhetoric & Composition II (3)
- SPCH 151 Fundamentals of Public Speaking (3)

General Humanities 3 Hours

- Complete 1 course in General Humanities: _____

Humanities - Fine Arts 3 Hours

- Complete 1 course in Humanities - Fine Arts: _____

Additional General Humanities/Fine Arts 3 Hours

- Complete 1 of the following Humanities/Fine Arts courses to satisfy both SWIC's Non-Western Culture requirement and UMSL's Cultural Diversity requirement:
 - LIT 205 Lit of Non-Western Countries (3)
 - MUS 110 World Music (3)
 - PHIL 155 Non-Western Philosophy (3)

Social Science 3 Hours

- ECON 202 Principles of Economics II (Micro) (3)**

Behavioral Science 3 Hours

- PSYC 253 Adult Development and Aging (3)**

Additional Social Science/Behavioral Science 3 Hours

- Complete 1 additional course in Social Science or Behavioral Science: _____

Additional Humanities or Social/Behavioral Science 4 Hours

- Complete 1 course to satisfy SWIC's Human Relations requirement: _____

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

Mathematics 4 Hours

Complete 1 course in Mathematics: _____

Life Science 4 Hours

Complete 1 course in Life Science: _____

Physical Science 4 Hours

Complete 1 course in Physical Science: _____

Human Well-Being 2 Hours

HRO 150 Fundamentals of Nutrition (2)

Electives 19 Hours

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

Elective Course: _____

Elective Course: _____

Elective Course: _____

Elective Course: _____

Elective Course: _____

Elective Course: _____

Elective Course: _____

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

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