



TWO DEGREES, ONE PATH

TRANSFER PATHWAY GUIDE 2025-2026

Associate in Science to Bachelor of Science in Exercise Science

Overview

Completion of the following curriculum will satisfy the requirements for the Associate in Science (AS) at the Kentucky Community and Technical College System (KCTCS) and leads to the Bachelor of Science (BS) in Exercise Science at Northern Kentucky University (NKU).

Applying to the KCTCS2NKU Program

Students can apply to participate in the pathway program by completing the online application on the NKU transfer webpage. Students must be enrolled in at least six credit hours at their KCTCS institution, enrolled in an associate degree program, plan to transfer to NKU, and maintain a minimum 2.0 cumulative GPA at their KCTCS institution.

Degree Requirements for KCTCS

1) Completion of minimum 60 credit hours, 2) minimum cumulative GPA 2.0, 3) minimum of 15 credit hours earned at the institution awarding the degree, 4) demonstration of digital literacy, and 5) college success requirement.

Admission Requirements to NKU

Students completing an associate degree with a cumulative GPA of 2.0 or higher will be accepted into NKU.

Degree Requirements for NKU

To earn a bachelor's degree at NKU, students must complete a minimum of 120 credit hours with at least 45 credit hours numbered 300 and above. In addition, at least 25% of the credit hours required for the degree and the last 30 credit hours must be completed at NKU. Students must have an overall GPA of 2.5, earn a C- or higher in all major coursework, and meet all prerequisites for courses and requirements for the major. A minor is not required for this major.

General Transfer Information

Students must complete the online application to NKU. There is no application fee for students who are transferring from a KCTCS institution.

KCTCS Scholars Award: Students who are KY residents transferring directly from a KCTCS institution with at least 36 hours from that institution and minimum GPA of 3.0, were never enrolled as a degree-seeking student at NKU, and will be enrolled in at least 12 credit hours both fall and spring semester are eligible for a limited number of \$2,500 annual scholarships (\$1,250 per fall and spring). Students must gain admission to NKU by June 15 for fall and November 1 for spring to be eligible for a possible scholarship. Online accelerated programs are not eligible for the KCTCS Scholars Award.

KCTCS AS TO NKU BS IN EXERCISE SCIENCE CHECKLIST

Kentucky Community and Technical College System

Category 1: KCTCS General Education Core Requirements

KCTCS Course	Course or Category	Credits	NKU Course	Completed
ENG 101	Writing I (WC)	3	ENG 101	
ENG 102	Writing II (WC)	3	ENG 102	
TBS XXX	Oral Communications (OC)	3	TBD XXX	
PSY 110	General Psychology (SB)	3	PSY 100	
TBS XXX	Social Behavioral Sciences Course (SB) – not a PSY course	3	TBD XXX	
TBS XXX	Arts & Humanities (AH) – Heritage	3	TBD XXX	
TBS XXX	Arts & Humanities (AH) – Humanities	3	TBD XXX	
MAT 150 or MAT 151 or STA 151 or MAT 161	College Algebra (QR) or Intro to Applied Statistics (QR) or Intro to Applied Statistics (QR) or Statistics and Algebra (QR)	3	(MAT 102 or MAT 103) + MAT 100T or STA 100G or STA 100G or (MAT 101 + MAT 102)	
STA 220 or STA 251	Statistics (QR) or Applied Statistics (QR)	3	STA 205	
BIO 137	Human Anatomy & Physiology I (SL)	4	BIO 208/L	
BIO 139	Human Anatomy & Physiology II (SL)	4	BIO 209/L	
	Subtotal General Education Core Courses	35		

TBS XXX means to be selected by KCTCS student.

TBD XXX means to be determined by NKU based on course selected.

For Social and Behavioral Sciences courses, two disciplines must be represented and different from those in the Arts and Humanities category.

A grade of A or B in MAT 150 equates to MAT 103 + MAT 100T. Grade of C or D in MAT 150 equates to MAT 102 + MAT 100T.

STA 251 equates to STA 205 only with the completion of MAT 151, STA 151 or MAT 161.

STA 205 is needed for admission to Masters in Athletic Training programs. Students should work with their advisor to take the appropriate combination of MAT and STA courses to ensure STA 205 credit at NKU.

Category 2: KCTCS AS Requirements

KCTCS Course	Course or Category	Credits	NKU Course	Completed
CHE 130 and CHE 135	Introductory General & Biological Chemistry and Lab	4	CHE 115/115L	
PHY 151/161 or PHY 171	Introductory Physics & Lab or Applied Physics	4	PHY 110	
	Subtotal AA/AS Requirement Courses	8		

Category 3: KCTCS Electives

KCTCS Course	Course or Category	Credits	NKU Course	Completed
TBS XXX	Digital Literacy	0-3	TBD XXX	
TBS XXX	First-Year Experience	0-3	TBD XXX	
NFS 101	Human Nutrition and Wellness	3	BIO 126	
KHP 160 or KHP 240	Personal Nutrition and Fitness	3	KIN 200	
TBS XXX	Electives	5-11	TBS XXX	
	Subtotal Elective Courses	17		
	TOTAL Associate Degree Hours	60		

Northern Kentucky University

Category 4: NKU Major Requirements for BS in Exercise Science

NKU Course	Course	Credits	KCTCS Course	Taken at KCTCS
KIN 125	Introduction to Physical Education, Fitness & Sport	3		
KIN 200	Concepts of Lifetime Fitness	2	KHP 160 or KHP 240	X
KIN 260	Introduction to Strength and Conditioning	3		
KIN 280	Basic Recognition & Care of Athletic Injuries	3		
KIN 313	Computer Applications for Health & Kinesiology	2		
KIN 295	Anatomical Kinesiology	3		
KIN 325	Motor Development, Learning & Control	3		
KIN 325L	Motor Development, Learning & Control Lab	1		
KIN 340	Exercise Physiology	3		
KIN 340L	Exercise Physiology Lab	1		
KIN 349	Exercise Prescription	3		

NKU Course	Course	Credits	KCTCS Course	Taken at KCTCS
KIN 360	Statistics & Measurement in Kinesiology	3		

KIN 370	Biomechanics	3		
KIN 380	Clinical Exercise Physiology	3		
KIN 450	Organization & Administration of Kinesiology and Athletics	3		
KIN 481	Nutrition for Sport and Exercise	3		
KIN 483	Advanced Strength and Conditioning	3		
KIN 498	Research, Trends, and Issues in Exercise Science	3		
KIN 496 or KIN 497 & KIN XXX & KIN XXX	Internship in Exercise Science or Exercise Science Senior Synthesis AND KIN Elective 300 level and above AND KIN Elective 300 level and above	9 or 3 3 3		
TBS XXX	Select 300/400/500 level KIN, PHE, HEA, or ATP courses	6		
BIO 126	Human Nutrition	3	NFS 101	X
BIO 208	Human Anatomy & Physiology I	4	BIO 137	X
BIO 208L	Human Anatomy & Physiology I Lab	0	BIO 137	X
BIO 209	Human Anatomy & Physiology II	4	BIO 139	X
BIO 209L	Human Anatomy & Physiology II Lab	0	BIO 139	X
CHE 115	Physiological Chemistry	3	CHE 130	X
CHE 115L	Physiological Chemistry Lab	1	CHE 130	X
PHY 110	Introduction to Physics with Lab	4	PHY 151/161 or PHY 171	X
	Subtotal Major Credit Hours at NKU	58		
	Subtotal Major Credit Hours at KCTCS	24		
	Total Major Credit Hours	82		

Category 5: Additional Requirements at NKU

NKU Course	Course	Credits	KCTCS Course	Taken at KCTCS
	Subtotal Elective (300/400 level) Hours	2		
	Total Baccalaureate Degree Credit Hours	120		

Updated July 2025