

## Southwestern Illinois College

### /Associate of Science: Exercise Science to Bachelor of Science in Health Sciences

Students are encouraged to complete the AS degree, additional general education requirements, and multiple science courses to prepare for a smooth transition to the Health Sciences program at Southeast Missouri State University.

SWIC / FIRST SEMESTER	
ENG 101 Rhetoric & Composition I	3
MATH 112 College Algebra	4
PSYC 151 General Psychology	3
Humanity OR Fine Arts #1	3
HES 170 Introduction to Exercise Science	3
<b>Total Hours</b>	<b>16</b>

SWIC / SECOND SEMESTER	
ENG 102 Rhetoric & Composition II	3
BIOL 101 Principles of Biology I	4
Humanity OR Fine Arts #2	3
HES 160 Nutrition for Health, Fitness & Sport	3
MATH 191 Introduction to Statistics	3
<b>Total Hours</b>	<b>16</b>

SWIC / THIRD SEMESTER	
BIOL 157 Human Anatomy & Phys I	4
COMM 151 Fundamentals of Public Speaking	3
HES 151 OR HES 155	2
CHEM 105 General Chemistry I	5
HIST 180 OR HIST 181	3
<b>Total Hours</b>	<b>17</b>

SWIC / FOURTH SEMESTER	
BIOL 158 Human Anatomy & Phys II	4
HES 154 Nutrition, Ex, Wt. Mgmt	2
HRO 160 Medical Terminology	3
CHEM 106 General Chemistry II	5
Math Requirement	3
<b>Total Hours</b>	<b>17</b>

SOUTHEAST / FIFTH SEMESTER	
PE 261 Concepts of Injury Management	3
HL 303 Research Methods	3
HL 320 Community Health	3
TS 412 Topics for Healthcare Professionals	3
FN 255 Nutrition I	3
SO 101 Introduction to Sociology	3
<b>Total Hours</b>	<b>18</b>

SOUTHEAST / SIXTH SEMESTER	
HL 331/031 Exercise Physiology & Lab	4
Allied Health Elective #1	3
TS 401 Culturally Responsive Healthcare	3
BI 163 Evolution & Ecology	4
TS 300 Application Seminar	1
PY 220 Psychology Dev Across Lifespan	3
<b>Total Hours</b>	<b>18</b>

SOUTHEAST / SEVENTH SEMESTER	
PH 120/020 Introductory Physics I	5
PY 440 Psychopathology	3
Allied Health Elective #2	3
Allied Health Elective #3	3
<b>Total Hours</b>	<b>14</b>

SOUTHEAST / EIGHTH SEMESTER	
Allied Health Elective #4	3
PE 464 Kinesiology	3
HL 350 Motor Learning & Development	3
HL 332 Lifestyle Disease & Risk Reduction	3
<b>Total Hours</b>	<b>12</b>

OTHER GENERAL EDUCATION REQUIRED COURSES NEEDED	
General Education - Humanities and Fine Arts (if only 2 are taken @ SWIC and transfer)	3
General Education – Missouri Government (PS 220) – All non-Missouri transfer students must take this course	1
Satisfactorily completion of CIVICS Exam requirement	0
<b>Total Hours of General Education Remaining</b>	<b>4</b>

Total Program Hours: 132 (SWIC 66, SEMO 66)

## NOTES ON PARTICULAR ALLIED HEALTH PROFESSIONAL PROGRAM PATHWAYS & PREREQUISITES

Health Sciences students will work with their faculty academic advisor to determine appropriate electives and any additional courses that are required to successfully apply for their desired allied healthcare professional program.

The details of the SEMO schedule would depend on which classes the student takes at SWIC. The student should have a MINIMAL goal completing Anatomy & Physiology I & II, General Chemistry I at SWIC, and College Algebra at SWIC. That allows the student the ability to enter multiple upper-division Health Sciences courses at SEMO.

Students desiring to pursue physical therapy or chiropractic programs will need additional physics, and biology courses at SEMO or SWIC.

Students desiring to pursue occupational therapy or accelerated nursing programs likely require minimal additional course work to meet those program entry-requirements. This is the same if the student desires to pursue an athletic training program that is NOT SEMO.

Students desiring to pursue athletic training at SEMO (through the accelerated pathway) are encouraged to consider that different articulation agreement. However, the requirements listed on this sheet and for the regular SEMO Health Sciences program also meet the requirements of the non-accelerated method to enter the SEMO Master of Science in Athletic Training Program.

Ultimately, it is the student's responsibility to determine the prerequisites and related requirements for entry into an allied healthcare professional program and to discuss those with their SEMO academic advisor on an individual basis. The SEMO faculty academic advisor may be able to waive or substitute some select lower-division Health Sciences course to facilitate graduation – this is dependent on each individual student, the student's desired professional school goal, and the total number of credits needed to graduate SEMO.

Additional information can be found on the [SEMO Health Sciences website](#).

A minimum of 30 credit hours must be taken in residence (at Southeast) which could result in needing additional credit hours. In addition, 39 upper-division courses numbered at or above the 300-level are required for graduation.

Students should refer to Southeast's Undergraduate Bulletin and online advising system for all current degree requirements (e.g., admission requirements to Health Sciences program, GPA).