



Program Agreement

Aquinas College

Bachelor of Science in Exercise Science, B.S.

Grand Rapids Community College

Associate of Arts, Pre-Exercise Science, A.A. (Aquinas College)

I. GRAND RAPIDS COMMUNITY COLLEGE, ASSOCIATE OF ARTS (60 credits)			
GRCC Course	GRCC Course Title	AQ Equiv.	Transfer Credit Hours
EN 101	English Composition I	EH 100	3
EN 102	English Composition II	GE 101	3
EN 247	Creative Writing I	EH 210	3
Humanities Gen. Ed.	Varies	Varies	Varies
Social Sciences Gen. Ed.	Varies	Varies	Varies
Social Sciences Gen. Ed.	Varies	Varies	Varies
BI 117	General Human Anatomy and Physiology	BY 150	4
Nat. Sci. Non-Lab Gen. Ed.	Varies	Varies	Varies
Select 1 Mathematics Gen. Ed.:			
MA 110	College Algebra	GA 128	4
MA 124	Mathematics for Liberal Arts Students	MS 110	4
MA 131	Precalculus	MS 114	5
MA 133	Calculus with Analytic Geometry I	MS 121	5
MTA Satisfied by above coursework			30
BA 103	Introduction to Business	BS 200	4
BA 286 or BA 105	Small Business Management or Entrepreneurship	BS 310	3
GH 200	General Nutrition	KN 251	3
EXS 184	Introduction to Exercise Science	KN 159	3
EXS 198	Introduction to Athletic Training	KN 350	3

WE 156	CPR/AED/First Aid for Professional Rescuer	KN 158	2
Select one (1) competency area from the following:			
Group Fitness Competency			
EXS 230	Exercise Leadership	KN 361	3
WE 125	Fitness for Life	KN 109	1
Strength and Conditioning Competency			
WE 141 or WE 155	Weight Training I or Weight Training II	KN 108	1
Open Electives to reach 60 credits.	Varies: To ensure maximum transferability of individual courses, all course selections should be based on the degree, major, minor, concentration, or academic interest at Aquinas. Advisors are available to help students.		
TOTAL CREDIT HOURS AT GRCC			60

II. Aquinas College, (minimum of 60 credits)

AQ Course	AQ Course Title	AQ Credit Hours
KN 200	Surface Anatomy	2
KN 250	Physiology of Exercise	4
KN 256	Anatomical/Biomechanical Kinesiology	4
KN 364	Motor Learning	3
KN 367	Admin. Aspects for Allied Health	3
KN 397	Internship	6
KN 404	Conditioning I	2
KN 405	Conditioning II: Designing Program	2
KN 406	Exercise Prescription and Testing	3
KN 452	Physical Activities of Special Populations	3
If Strength and Conditioning Competency chosen		
KN 357	Therapeutic Exercise*	3
Electives and Minor Courses		19-22
GEN ED - Varies	Theology Course	3
GEN ED - Varies	Writing Intensive Course	completed (EH210)
GEN ED - Varies	Global Perspectives Course	3
GEN ED - Varies	Senior Capstone Course	3
*This course is required if pursuing the strength and conditioning competency area		
TOTAL CREDIT HOURS AT AQ		60

TOTAL CREDITS (I –II)

60 GRCC Credits

60 AQ Credits

120 Total Credits

Program Agreement

This program agreement shall abide by all language of the Articulation Agreement between Grand Rapids Community College and Aquinas College.

Signatures**Grand Rapids Community College**

Final Signature Gathered 04/01/2021

Jodi Gee
Department Head
Grand Rapids Community College

Final Signature Gathered 04/01/2021

Michael Vargo
Dean
Grand Rapids Community College

Aquinas College

Final Signature Gathered 04/01/2021

Heather Kesselring-Quakenbush
Chairperson of Kinesiology
Aquinas College

Final Signature Gathered 04/01/2021

Stephen Germic
Provost and Dean of the Faculty
Aquinas College