



Associate in Arts at Heartland Community College to Bachelor's Degree in **Kinesiology and Allied Health at Illinois Wesleyan University**

*This is a suggested course pattern. Students must work with their advisor to develop a curriculum plan that meets their scheduling needs. ** indicates course needed for the major. + indicates an IWU graduation requirement*

HEARTLAND COMMUNITY COLLEGE			
FIRST YEAR	COURSE NAME	CREDIT HOURS	
		FALL	SPRING
ENGL 101	Critical Reading and Writing	3	
PSY 101	Introduction to Psychology	3	
BIOL 181**	Anatomy & Physiology I	4	
Language 101	Elementary Language I	4	
HLTH 120**	Nutrition	3	
ENGL 102	Multimodal Composition		3
PSY 207*	Introduction to Child Psychology (SBS)		3
BIOL 182**	Anatomy & Physiology II		4
Language 102	Elementary Language II		4
IAI Life Science	Any IAI Life Science		3-4
Total Credit Hours		17	17-18
SECOND YEAR	COURSE NAME	CREDIT HOURS	
		FALL	SPRING
COMM 101	Intro to Oral Communication	3	
PSY 203*	Abnormal Psychology	3	
Humanities Gen Ed	Any IAI Humanities	3	
Language 201+	Intermediate Language I	4	
Math**	IAI Math, choose Calculus I* if planning on graduate school after bachelor's degree	3-5	
PSY 216*	Adolescent Psychology		3
IAI Fine Arts	Any IAI Fine Arts		3
IAI Social Behavioral Sci	IAI SBS (may not choose a PSY course)		3
IAI Humanities/Fine Arts	Any IAI Humanities/Fine Arts		3
IAI Physical Science	Any IAI Physical Science		3-4
Total Credit Hours		16-18	15-16

*Although not required for the HPFM major, in preparation for some health sub-specialties and fitness center, or for graduate schools, it is strongly recommended that student take prerequisites for those programs which may include the courses marked with an * plus two lab courses in chemistry, two lab courses in physics, and one course in psychology statistics. With planning it is possible to take the chemistry at HCC and the physics labs and the statistics in the 3rd and 4th years.

ILLINOIS WESLEYAN UNIVERSITY			
THIRD YEAR	COURSE NAME	UNIT HOURS	
		FALL	SPRING
PETH 325	Kinesiology	1	
HLTH 300	Achieving Wellness	1	
3xx or 4xx	Upper level elective in or outside Major	1	
1xx - 4xx	Elective in or outside Major	1	
PETH 326	First Aid & Athletic Training		1
PETH 320	Organization & Administration of Athletics & PE		1
1xx - 4xx	Writing Intensive in or outside the major		1
HLTH 280	Perspectives in Global Health		1
Total Units		4	4
FOURTH YEAR	COURSE NAME	UNIT HOURS	
		FALL	SPRING
PETH 330	Exercise Physiology (offered alternate years)	1	
2xx - 3xx	Elective outside Major (choose BIOL 323, 395 or PSYC 227 for graduate school)	1	
1xx - 4xx	Elective in or outside Major	1	
1xx - 4xx	Elective outside Major (possibly physics I)	1	
PETH 327	Essentials of Strength & Conditioning (WI)		1
PSYC 380	Sports & Exercise Psychology		1
1xx - 4xx	Elective outside Major (possibly physics II)		1
PETH 397	Internship (Review IWU catalog for internship credit requirements. Internship contract with the Career Center is required.)		1
Total Units		4	4

- At Illinois Wesleyan, PETH (Physical Education Theory) courses are offered every other year. Please work with your IWU academic advisor to plan your coursework accordingly.
- Choose 1 (U) US Diversity and 1 (G) Global Diversity course to meet IWU graduation requirements. **US Diversity options:** Film 211, HIST 135, HIST 136, MUSI 260, POS 101, or SOC 110. **Global Diversity options:** ANTH 101, HIST 150, MUSI 160, POS 151, RELI 215, SPAN 202
- AP scores of 3, 4, or 5 will receive 1 unit of credit. Higher level IB scores of 4 or higher will receive 1 unit of credit.
- The IWU Second Language requirement can be met by completing the intermediate level (XXX-103) course of any language or by earning a 4 or 5 on the AP exam in a second language. Visit the IWU website <https://www.iwu.edu/languages/> for a list of languages taught.
- Remedial math courses may be needed to prepare for the math requirement. However, the remedial course will not transfer to IWU. Adjust course schedule accordingly to complete degree.
- Students should complete a minimum of 64 semester hours, not including remedial or PE courses, at HCC to be on track to complete their bachelor's degree in a total of 4 years.
- Students are required, at minimum, to complete 16 units of coursework at IWU including half of all major requirements.
- IWU graduation requirements: 32 total courses and 32 total units with 9 courses and 9 units of upper level (300/400) courses. (1 IWU unit = 4 semester hours)