

Exhibit A Transfer Guide

This Transfer Guide is an exhibit to the Articulation Agreement between the Board of Trustees of Northern Illinois University (“NIU”) and Illinois Community College District #511 (“Rock Valley College”) with an Articulation Agreement Effective Date of August 27, 2018. All capitalized terms which are not defined herein shall have the same meanings set forth in the Articulation Agreement.

Fitness, Wellness, & Sport – Exercise Science (AAS) to Kinesiology (BS) Rock Valley College and Northern Illinois University

*This is a **sample** course pattern. Students must work with their advisor to develop a curriculum plan that meets their scheduling needs. Summer classes can also reduce the load during the fall and spring semesters.*

First Year (Rock Valley College)

First Semester

ENG 101 ¹ : Composition I	3 hrs (ENGL 103)
FWS 260: Introduction to Exercise Science	3 hrs (KNPE 301)
PSY 170: General Psychology	3 hrs (PSYC 102)
MTH 220 ¹ : Elements of Statistics	3 hrs (STAT 208)
FWS 231 or 233: Contemporary Health Issues or Community Health	3 hrs (PHHE 206 or 295)
FWS activity course	1 hrs (elective)
Total	16 hrs

Second Semester

ENG 103 ¹ : Composition II	3 hrs (ENGL 203)
FWS 255: Sociology of Sport	3 hrs (KNPE 111)
BIO 103: Introductory Life Science	3 hrs (BIOS 103)
BIO 104: Introductory Life Science Lab	1 hrs (BIOS 105)
CHM 110: General, Organic & Biochemistry I	4 hr (CHEM 110+111)
FWS 270: FWS Practicum	1 hrs (KNPE 300)
FWS Activity course	1-2 hrs (elective)
Total	16-17 hrs

Second Year (Rock Valley College)

First Semester

BIO 185: Foundations of Anatomy & Physiology	5 hrs (BIO 357)
FWS 258: Sport & Exercise Psychology	3 hrs (KNPE 310)
FWS 263 + (FWS 261): Nutrition, Exercise, & Weight Control + Nutrition for Fitness & Sport	3 hrs (NUTR 306)
FWS 266: Personal Training Concepts & Applications I	3 hrs (elective)
FWS 271: FWS Practicum II	1 hrs (elective)
FWS activity course	1 hrs (elective)
Total	15-16 hrs

Second Semester

SPH 131: Fundamentals of Communication	3 hrs (COMS 100)
GE: Creativity & Critical Analysis	3 hr (See RVC advisor)
FWS 261 + (FWS 263): Nutrition for Fitness & Sport + Nutrition, Exercise, & Weight Control	3 hrs (NUTR 306)
FWS 243: First Aid, General Safety, CPR & AED	3 hrs (KNPE 262)
FWS 267: Personal Training Concepts & Applications II	3 hrs (elective)
FWS 272: FWS Practicum III	1 hrs (elective)
Total	16 hrs

Third Year (NIU)

First Semester

KNPE 452 ¹	4 hrs
KNPE 346	3 hrs
KNPE 350	3 hrs
LESM 438 or 442	3 hrs
Total	13 hrs

Second Semester

KNPE 314 ¹	4 hrs
KNPE 443	3 hrs
KNPE 445 ¹	3 hrs
Focus Course	4 hrs
Total	14 hrs

Fourth Year (NIU)

First Semester

KNPE 463 ¹	3 hrs
KNPE 493	2 hrs
Focus Course	3 hrs
Focus Course	3 hrs
Elective	3 hrs
GE: Creativity & Critical Analysis	3 hrs
Total	17 hrs

Second Semester

KNPE 494	6 hrs
Elective	3 hrs
Elective	3 hrs
Total	12 hrs

NOTES/COMMENTS

¹Minimum grade of C required.

Following this Transfer Guide while completing an Associate of Applied Sciences (A.A.S.) degree in Fitness, Wellness, & Sport – Exercise Science at RVC is highly recommended to complete the Bachelor of Science (B.S) degree in Kinesiology at NIU in a 2+2 model. Sixty-four (64) credit hours are required for the A.A.S. degree in FWS – Exercise Science. Students will complete an additional fifty-six (56) credit hours at NIU for the B.S. degree in Kinesiology. Students should always work closely with the academic advising staff at both RVC and NIU.

Northern Illinois University

When choosing a course to meet NIU's general education (GE) knowledge domain requirement in Creativity and Critical Analysis, students should consult with the RVC academic advisor to verify course selection meets the NIU requirement. The NIU Undergraduate Catalog and the NIU Community College Articulation Tables can be used to help guide this selection process.

All students pursuing the B.S. degree with a major in kinesiology are required to have a university GPA of 2.50 or above and to have satisfactorily completed all required coursework prior to the culminating internship, KNPE 494.

Rock Valley College

GPA Graduation Requirement

A minimum grade point average (GPA) of 2.0 ("C" average on a 4.0 scale).

The FWS activity course requirement for the A.A.S. degree in Exercise Science is 3 total credits. If students take a 2-credit fitness course (i.e., FWS 127 – Advanced Weightlifting) during their First Year – Second semester, they do not need to complete any more FWS activity course credits.

A combination of FWS 261 and 263 articulates as NUTR 306.

Additional transfer guide notes

The sequence of courses in this Transfer Guide is an example of what a 4-year plan may look like for a typical student based on the stated catalog year. It is recommended that students complete courses in this order due to course pre-requisites (check the appropriate college catalog for more information about course pre-requisites). Developmental course requirements may alter this plan. Students are encouraged to explore summer school course offerings in order to complete their program requirements in a timely fashion or reduce the load during the fall and spring semesters. All students are encouraged to meet with an academic advisor each semester to discuss course scheduling.

Transfer Guide is in effect from August 27, 2018 until Sunday, August 11, 2019

For More Information

Institutional Contacts:

For NIU undergraduate application materials, contact:

Office of Admissions
Northern Illinois University
DeKalb, IL 60115-2857 admissions@niu.edu

Apply online at: <http://www.admissions.niu.edu/admissions/>

For more information on transfer programs at NIU:

Call (815) 753-0446 or (800) 892-3050 (toll free) and ask to speak with a Transfer Counselor or email at transfercenter@niu.edu.

For RVC application materials for, contact:

Office of Admissions
Rock Valley College
Rockford, IL 61114
RVC-Admissions@rockvalleycollege.edu

Call (815) 921-4250 or apply online at: <http://www.rockvalleycollege.edu/Admission/gettingstarted.cfm>

Departmental contacts:

Department of Kinesiology & Physical Education (KNPE)
Anderson Hall 221
Northern Illinois University
DeKalb, IL 60115
(815) 753-1407
<http://cedu.niu.edu/knpe/>

For advising, contact the NIU KNPE Department via telephone (815) 753-8285 or email knpe@niu.edu.

Department of Fitness, Wellness, & Sport
Physical Education Center 1020
Rock Valley College
Rockford, IL 61114
(815) 921-3804 or (815) 921-3261
<http://www.rockvalleycollege.edu/Courses/Programs/FWS/index.cfm>

For advising, contact Shaine Henert at s.henert@rockvalleycollege.edu or (815) 921-3804