

Exercise Science & Kinesiology Program Map

Example Course Sequence



Health Sciences Pathway

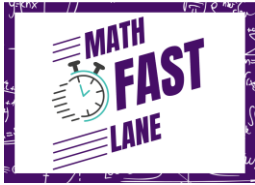
Associate in Arts: General Studies

Exercise Science & Kinesiology

Florida SouthWestern State College

Catalog Year 2026-2027

This map is for students earning the Associate in Arts (General Studies) degree and preparing to transfer to a Florida public school for a Bachelor's degree in this major. Classes with the 💡 symbol help you explore this pathway.



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Learn about FSW's Physical Therapy Assistant Degree:
fsw.edu/academics/programs/asphysicaltherapy

Semester 1

Course Code	Course Name	Credits	Notes
ENC 1101	COMPOSITION I	3	
MAT 1033	INTERMEDIATE ALGEBRA	4	FGCU: MUST EARN A FOR MAC 1106
CHM 2025 💡	INTRO TO COLLEGE CHEMISTRY	3	SEE ADVISOR IF YOU COMPLETED ONE YEAR OF HIGH SCHOOL CHEMISTRY
CHM 2025L 💡	INTRO TO COLLEGE CHEMISTRY LAB	1	
SLS 1515	CORNERSTONE EXPERIENCE	3	

Example Semester 1 Credits: 14

Semester 2

Course Code	Course Name	Credits	Notes
HUN 1201 💡	HUMAN NUTRITION	3	
ENC 1102	COMPOSITION II	3	
MAC 1106	COMBINED COL. ALGEBRA PRE-CALC.	4	• FGCU: IF LESS THAN A IN MAT 1033, TAKE MAC 1105 INSTEAD • USF/UCF: SUBSTITUTE MAC 1105
CHM 2045	GENERAL CHEMISTRY I	3	
CHM 2045L	GENERAL CHEMISTRY I LAB	1	

Example Semester 2 Credits: 14

Semester 3

Course Code	Course Name	Credits	Notes
SOCIAL SCI./CIVIC LIT.	CHOOSE AMH 2010, AMH 2020, OR POS 2041	3	
PSY 2012	INTRO TO PSYCHOLOGY	3	
CORE HUM. WRI. INTENS.	CHOOSE HUM 2020, LIT 2000, or PHI 2010	3	

Example Semester 3 Credits: 9

Example Academic Year Credits: 37

Exercise Science & Kinesiology Program Map

Semester 4

Course Code	Course Name	Credits	Notes
MAC 1114	TRIGONOMETRY	4	USF/UCF: SUBSTITUTE STA 2023
BSC 1085C	ANATOMY AND PHYSIOLOGY I	4	
BSC 1010** 	GENERAL BIOLOGY I	3	USF/UCF: SUBSTITUTE ANY ELECTIVE
BSC 1010L** 	GENERAL BIOLOGY I LAB	1	USF/UCF: NOT REQUIRED
SPC 2608	PUBLIC SPEAKING	3	- USF/UCF: SPC 2608 REQUIRED - FGCU: ALTERNATIVE: ANY ELECTIVE

Example Semester 4 Credits: 15

Semester 5

Course Code	Course Name	Credits	Notes
HUMANITIES	ANY WRITING INTENS. HUMANITIES	3	
BSC 1086C	ANATOMY AND PHYSIOLOGY II	4	
PHY 2053	COLLEGE PHYSICS I	4	USF/UCF: SUBSTITUTE ANY ELECTIVE
PHY 2053L	COLLEGE PHYSICS I LAB	1	USF/UCF: NOT REQUIRED
IDS 2891	CREATIVE CAPSTONE	3	

Example Semester 5 Credits: 15

Example Academic Year Credits: 30

Total Required Credits: 67

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Exercise Science & Kinesiology Program Map

Transfer Worksheet



Associate in Arts: General Studies
Exercise Science & Kinesiology
 Catalog Year 2026-2027

Health Sciences Pathway

This worksheet shows degree and transfer requirements for this future major under the FSW Catalog and the Florida Common Prerequisite Manual. Three example bachelor's degrees are also listed for comparison, showing if the requirements are the same (X mark) or if there are alternative options or required substitutions.

✓	Category	Course Code	Course Name	Credits	Florida Gulf Coast University	University of South Florida	University of Central Florida
	FSW AA	SLS 1515	CORNERSTONE EXPERIENCE	3	X	X	X
	FSW AA	IDS 2891	CREATIVE CAPSTONE	3	X	X	X
	Communication	ENC 1101	COMPOSITION I	3	X	X	X
	Communication	ENC 1102	COMPOSITION II	3	X	X	X
	Humanities	Your choice	ANY CORE WRI. INTENS. HUMANITIES	3	X	X	X
	Humanities	Your choice	ANY WRITING INTENS. HUMANITIES	3	X	X	X
	Social Science	Any Civic Lit.	CHOOSE AMH 2010, AMH 2020, OR POS 2041	3	X	X	X
	Social Science	PSY 2012	INTRO TO PSYCHOLOGY	3	X	X	X
	Mathematics	MAC 1106	COMBINED COL. ALGEBRA PRE-CALC.	4	X	Alternative: MAC 1105	Alternative: MAC 1105
	Mathematics	MAC 1114	TRIGONOMETRY	4	X	Alternative: STA 2023	Alternative: STA 2023
	Natural Sci.	CHM 2025	INTRO TO COLLEGE CHEM (SEE ADVISOR)	3	X	X	X
	Natural Sci.	CHM 2025L	INTRO TO COL. CHEM LAB (SEE ADVISOR)	1	X	X	X
	Elective/Prereq	CHM 2045	GENERAL CHEMISTRY I	3	X	X	X
	Elective/Prereq	CHM 2045L	GENERAL CHEMISTRY I LAB	1	X	X	X
	Gen. Ed. Flex	BSC 1085C	ANATOMY & PHYSIOLOGY I	4	X	X	X
	Gen. Ed. Flex	BSC 1086C	ANATOMY & PHYSIOLOGY II	4	X	X	X
	Elective/Prereq	BSC 1010	**GENERAL BIOLOGY I	3	X	Alternative: Any Elective	Alternative: Any Elective
	Elective/Prereq	BSC 1010L	**GENERAL BIOLOGY I LAB	1	X	Not required	Not required
	Elective/Prereq	PHY 2053	COLLEGE PHYSICS I	4	X	Alternative: Any Elective	Alternative: Any Elective
	Elective/Prereq	PHY 2053L	COLLEGE PHYSICS I LAB	1	X	Not required	Not required
	Elective/Prereq	HUN 1201	HUMAN NUTRITION	3	X	X	X
	Elective/Prereq	SPC 2608	PUBLIC SPEAKING	3	Not required	X	X
	Only if required by test scores	ENC 1130	IMPROVING COLLEGE WRITING (COUNTS AS ELECTIVE)	3	Only if Needed	Only if Needed	Only if Needed
	Only if required by test scores	MAT 0057	MATHEMATICS FOR COLLEGE SUCCESS (DEVELOPMENTAL: DOES NOT COUNT AS ELECTIVE OR MATH)	4	Only if Needed	Only if Needed	Only if Needed
	Only if required by test scores	MAT 1033	INTERMEDIATE ALGEBRA (MUST EARN A TO AVOID EXTRA PREREQS; COUNTS AS ELECTIVE)	4	Only if Needed	Only if Needed	Only if Needed
	If less than A in MAT 1033	MAC 1105	COLLEGE ALGEBRA	3	Only if Needed	See Above	See Above

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✓	Category	Course Code	Course Name	Credits	Florida Gulf Coast University	University of South Florida	University of Central Florida
	Civic Literacy Exam (FCLE)	REQUIRED TEST	Must Pass FCLE Exam to Graduate from FSW and any Florida Public School	N/A	X	X	X

Florida Gulf Coast University Notes

This Program Map is aligned with FGCU's Exercise Science BS degree. Must earn B or better in BSC 1010/L, BSC 1085C, and BSC 1086C. This is aligned with the 2026-27 FGCU Catalog. Admission and prerequisite requirements may change by the time you seek to enroll.

University of South Florida Notes

This Program Map is aligned with USF's Exercise Science and Kinesiology BS degree. This degree is limited access. Must earn B or better in HUN 1201, MAC 1105, BSC 1085C, and BSC 1086C. Electives may be needed to achieve 60 credits, depending on math and science placement. This is aligned with the 2026-27 USF Catalog. Admission and prerequisite requirements may change by the time you seek to enroll.

University of Central Florida Notes

This Program Map is aligned with UCF's Kinesiology BS degree: Exercise and Sport Physiology Track. Electives may be needed to achieve 60 credits, depending on math and science placement. Must have 2.5+ overall GPA. This is aligned with the 2025-26 USF Catalog. Admission and prerequisite requirements may change by the time you seek to enroll.

FSW Notes and Important Information

- Classes with the 💡 symbol help you explore this pathway.
- Students must meet all requirements in the FSW College Catalog, including Core, Writing Intensive, Civic Literacy, Foreign Language, and degree-specific rules. www.fsw.edu/academics/catalog
- Other classes may be used toward FSW degree requirements, but they might not meet the prerequisite and transfer requirements for your intended Bachelor's degree. Total credits for graduation may exceed the numbers indicated. Your Academic Advisor can help you make a personalized plan. www.fsw.edu/advising
- **IMPORTANT:** Schools may have additional transfer requirements not listed here, and prerequisite course requirements can change without notice. Always confirm transfer requirements directly with your destination schools and plan carefully and frequently with your Academic Advisor.
- To maintain timely graduation, it is highly recommended that you complete all common prerequisite course work prior to being admitted into a Bachelor's degree program. Some institutions may require that all prerequisites be completed before acceptance into the major.
- ******The prerequisites for General Biology (BSC 1010/L) are (demonstration of readiness for college-level computation and communication) and (BSC 1005 or 1 credit of high school biology) with a "C" or better.