

Applied Exercise Science Requirements Checklist 2024-2025

| <u>Prerequisite Courses in Kinesiology - 11 credits total</u> | | | |
|--|----------------|-------------|--------------|
| Course | Credits | Term | Grade |
| AES 100 Seminar in AES | 2 | | |
| AES 218 Emergency Response | 3 | | |
| AES 220 OR PHYSIOL 201 C or better required | 3/4 | | |
| AES 221 or PHYSIOL 201 C or better required | 1 | | |
| AES 290 Field Experience | 2 | | |

| <u>Prerequisite Courses outside Kinesiology - 15 or 16 credits total</u> | | | |
|---|----------------|-------------|--------------|
| Course | Credits | Term | Grade |
| First Year Writing Requirement C or better required | 4 | | |
| Psych 111 OR Psych 112 | 4 | | |
| Math 105 C or better required | 4 | | |
| MOVESCI 250 or Stats 250 or Stats 280 or SOC 210 | 3 or 4 | | |
| <ol style="list-style-type: none"> 1. AP/IB Psych credit can fulfill the Psych requirement 2. Placement exam results of Calculus Definite will fulfill the math requirement 3. Math 115 with a C- or better or AP Calc credits will also fulfill the math requirement 4. AP stats credit does not fulfill the stats requirement. Students can take MOVESCI 250 or Stats 280 to retain AP credit | | | |

| <u>Supporting Courses in Kinesiology - 9 credits total</u> | | | |
|---|----------------|-------------|--------------|
| Course | Credits | Term | Grade |
| SM 101: Public and Small Group Comm | 3 | | |
| AES 110: Basis of Human Movement | 3 | | |
| SM 217 Business Comm OR MOVESCI 219 Scientific Writing | 3 | | |

Core Courses in Applied Exercise Science - 30 or 31 credits total

| Course | Credits | Term | Grade | Prerequisites |
|--|----------------|-------------|--------------|---|
| MOVESCI 230 & MOVESCI 231 OR Anatomy 403 | 4 or 5 | | | |
| AES 242: Exercise Physiology | 3 | | | Physiology C or better |
| AES 243: Exercise Physiology Lab | 1 | | | Physiology C or better |
| AES 315: Exercise Prescription & Testing | 3 | | | AES 218 |
| AES 331: Biomechanics | 3 | | | Physiology C or better Math 105 C or better |
| AES 330: Biomechanics Lab | 1 | | | Physiology C or better Math 105 C or better |
| AES 332: Motor Control | 3 | | | Physiology C or better |
| AES 334: Exercise Psychology | 3 | | | |
| AES 403: Internship | 3 | | | |
| Two of the following courses: AES 416, AES 446, AES 451, AES 460 | 3 | | | Senior standing, AES 242, MOVESCI 219 or SM 217 |
| | 3 | | | |

Required Electives in Applied Exercise Science - 15 credits total

| Course | Credits | Term | Grade |
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Distribution Requirements

Pre-populated courses are major requirements that double count for distribution

| <u>Humanities Distribution - 12 credits required</u> | | | |
|---|----------------|-------------|--------------|
| Course | Credits | Term | Grade |
| SM 101 | 3 | | |
| SM 217 or MOVESCI 219 | 3 | | |
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| <u>Natural Science/Quantitative Reasoning Distribution - 12 credits required</u> | | | |
|---|----------------|-------------|--------------|
| Course | Credits | Term | Grade |
| Math 105 | 4 | | |
| AES 110 | 3 | | |
| AES 220/221 or Physiol 201 | 4 | | |
| MOVESCI 250/Stats 250/SOC 210/Stats 280 | 3 or 4 | | |
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| <u>Social Science Distribution - 12 credits required</u> | | | |
|---|----------------|-------------|--------------|
| Course | Credits | Term | Grade |
| Psych 111 | 4 | | |
| AES 334 | 3 | | |
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General Transfer Credit & Study Abroad Policies for AES

Students transferring from another college or university to the U-M School of Kinesiology are permitted to transfer up to 70 hours from a four-year school and up to 60 hours from a two-year school or 62 credits from a two-year school with an associate's degree.

Appropriate transfer credits earned at accredited institutions will be accepted by Kinesiology provided a grade of "C" (2.000) or higher has been earned in the course(s) to be transferred.

Grades and grade point averages do not transfer (with the exception of transfer credit from U-M Flint and U-M Dearborn), and do not appear on the Kinesiology transcript.

Students with non-equivalent physiology transfer credits can sit for a physiology placement exam to test out of the major's requirement.

AES major requirements may be earned through approved study abroad programs. Students should work with Kinesiology's Go Global office to submit course approval requests.