

**IOWA STATE UNIVERSITY**  
**Kinesiology and Health Major Transfer Plan**

**TRANSFER PLANNING GUIDE**

**Des Moines Area Community College**

Based on the Iowa State University 2023 – 2024 Catalog

Updated November 2023

The [Kinesiology and Health major](#) involves the biological and behavioral study of physical activity and its impact on health, society, and the quality of life. Students choose an option in order to take the correct coursework for their career direction:

[Community and Public Health](#)

[Exercise Science](#)

[Physical Activity and Health Promotion](#)

[Physical Education Teacher Education](#)

[Pre-Health Professions](#)

The courses listed in this transfer plan can be taken at this community college to meet requirements in the Kinesiology and Health major at Iowa State University.

- **This transfer plan lists general education requirements in addition to option-specific requirements.** General education requirements are required for *all* Kinesiology students. Each option has additional course requirements.
- **It is recommended that students follow the [academic plan](#) for each option to prioritize classes.** Choosing classes that are listed in sequence on these plans will help students prepare for study at Iowa State University.
- **The length of time left to complete a degree in Kinesiology and Health will vary depending on each student, credits taken, etc.** The Kinesiology department evaluates each course completed and applies these to the requirements of each option. The length of time required to complete each option for transfer students varies.
- **No more than 65 semester credit hours can be transferred from a community college.** Iowa State will accept up to 16 semester hours of credit earned in vocational-technical courses if the sending community college accepts such courses toward its Associate in Art or Associate in Science degrees.
- **This document was accurate on the date it was prepared, but may not reflect subsequent changes by Iowa State or this community college.** For this reason, this transfer plan should not replace contact with an advisor at your community college and/or Iowa State.
- **For more information or help with advising questions, please contact:**  
Lisa Phillips  
Assistant Director of Academic Advising  
[lisap1@iastate.edu](mailto:lisap1@iastate.edu)  
515-294-2029

**IOWA STATE UNIVERSITY**  
**Kinesiology and Health Major Transfer Plan**

**COURSES REQUIRED FOR ALL OPTIONS**

**Communication Skills (required for all options - need grade of "C" or better in these courses)**

Community College Course	Title	ISU Course	Credits
ENG 105	Composition I	ENGL 150	3
ENG 106	Composition II	ENGL 250	3
SDV 171	Library Instruction	LIB 160	1
SPC 101	Fundamentals of Oral Communication	SP CM 212	3

**Humanities ( 6 credits required for all options )**

ISU students must complete a 3-credit course for U.S. Diversity (USD) and a 3-credit course for International Perspectives (IP) . Humanities courses that also meet these requirements are noted below.

Courses listed without direct equivalents (1T\*\*, 2T\*\*, etc.), will transfer and count towards this requirement. These courses have been approved by the department. This applies to this transfer plan only.

Community College Course	Title	ISU Course	Credits
ART 101	Art Appreciation	ART 1T**	3
DRA 101	Introduction to Theatre	THTRE 106	3
FLA 141	Elementary Arabic I	ARABC 101	4
FLA 142	Elementary Arabic II	ARABC 102 (IP)	4
FLA 241	Intermediate Arabic 1	ARABC 201 (IP)	4
FLA 242	Intermediate Arabic II	ARABC 202X (IP)	4
FLC 141	Elementary Chinese I	CHIN 101	4
FLC 142	Elementary Chinese II	CHIN 102 (IP)	4
FLC 241	Intermediate Chinese I	CHIN 201 (IP)	4
FLC 242	Intermediate Chinese II	CHIN 202 (IP)	4
FLF 141	Elementary French I	FRNCH 101	5
FLF 142	Elementary French II	FRNCH 102 (IP)	5
FLF 241	Intermediate French I	FRNCH 201 (IP)	4
FLF 242	Intermediate French II	FRNCH 202 (IP)	4
FLG 141	Elementary German I	GER 101	4
FLG 142	Elementary German II	GER 102 (IP)	4
FLG 241	Intermediate German I	GER 201 (IP)	4
FLG 242	Intermediate German II	GER 202 (IP)	4
FLS 151	Elementary Spanish I	SPAN 101	5
FLS 152	Elementary Spanish II	SPAN 102 (IP)	5
FLS 241	Intermediate Spanish I	SPAN 201 (IP)	4
FLS 242	Intermediate Spanish II	SPAN 202 (IP)	4
GLS 199	Japan: The Changing Tradition	HUM 1T**	2
GLS 220	The Middle East and Islam	HUM 2T**	3

**IOWA STATE UNIVERSITY**  
**Kinesiology and Health Major Transfer Plan**

GLS 230	Latin America	HUM 2T**	3
<b>Humanities (continued)</b>			
HIS 112	West Civ: Ancient to Early Modern	HIST 201 (IP)	4
HIS 113	West Civ: Early Modern to Present	HIST 202 (IP)	4
HIS 150	U.S. History to 1877	HIST 221	4
HIS 153	U.S. History since 1877	HIST 222	4
HIS 201	Iowa History	HIST 2T**	3
HIS 211	Modern Asian History	HIST 2T**	3
HIS 216	History of Modern Russia	HIST 2T**	4
HIS 249	Study Abroad: British Life and Culture	HIST 2T** (IP)	4
HIS 257	African-American History	HIST 2T** (USD)	3
HIS 266	The Civil War	HIST 2T**	3
HUM 116	Encounters in Humanities	HIST 2T**	3
HUM 121	America in the Movies	HUM 1T**	3
HUM 249	Study Abroad: British Life and Culture	HUM 2T**	3
ITR 109	Interpretation/Translation Ethics I	HUM 1T**	3
ITR 209	Interpretation/Translation Ethics II	HUM 1T**	3
LIT 101	Intro to Literature	ENGL 201	3
LIT 105	Children's Literature	HD FS 240 (USD)	3
LIT 110	American Literature to Mid 1800's	ENGL 227	3
LIT 111	American Literature since Mid-1800's	ENGL 228	3
LIT 130	African-American Literature	ENGL 2T** (USD)	3
LIT 142	Major British Writers	ENGL 2T**	3
LIT 150	World Literature I	ENGL 2T**	3
LIT 151	World Literature II	ENGL 2T**	3
LIT 185	Contemporary Literature	ENGL 2T**	3
LIT 190	Women Writers	ENGL 2T** (USD)	3
LIT 193	Humor in Literature	ENGL 2T**	3
MUS 100	Music Appreciation	MUSIC 102 (IP)	3
MUS 204	History of Rock and Roll	MUSIC 2T** (USD)	3
MUS 205	Jazz History and Appreciation	MUSIC 2T** (USD)	3
PHI 101	Introduction to Philosophy	PHIL 201	3
PHI 105	Introduction to Ethics	PHIL 230	3
PHI 110	Introduction to Logic	PHIL 206	3
REL 101	Survey of World Religions	RELIG 205 (IP)	3
REL 150	Introduction to the Bible	RELIG 1T**	3

<b>Social Sciences (required for all options)</b>			
Community College Course	Title	ISU Course	Credits
PSY 111	Introduction to Psychology	PSYCH 101	3
SOC 110	Introduction to Sociology	SOC 134	3

**IOWA STATE UNIVERSITY**  
**Kinesiology and Health Major Transfer Plan**

**Social Sciences Electives (for options that require an additional 3 credits)**

Options that require additional social science courses include Exercise Science, Physical Activity and Health Promotion, and some options within Pre-Health Professions.

ISU students must complete a 3-credit course for U.S. Diversity (USD) and a 3-credit course for International Perspectives (IP) . Social science courses that also meet these requirements are noted below.

Courses listed without direct equivalents (1T\*\*, 2T\*\*, etc.), will transfer and count towards this requirement. These courses have been approved by the department. This applies to this transfer plan only.

<b>Community College Course</b>	<b>Title</b>	<b>ISU Course</b>	<b>Credits</b>
AGB 101	Agricultural Economics	ECON 101	3
AGC 420	Agricultural Issues	GLOBE 220	3
ANT 105	Cultural Anthropology	ANTHR 201 (IP)	3
ANT 110	Faces of Culture	ANTHR 201 (IP)	3
CRJ 100	Intro to Criminal Justice	C J 240	3
CRJ 137	Juvenile Law	SOC 241	3
ECE 215	Home, School, and Community Relations	HD FS 2T** (USD)	3
ECN 120	Principles of Macroeconomics	ECON 102	3
ECN 130	Principles of Microeconomics	ECON 101	3
GEO 111	Introduction to Geography	S SCI 1T**	3
GEO 124	Reg Geog of the NonWest World	S SCI 1T**	3
GEO 125	Regional Geog of the Dev World	S SCI 1T**	3
GLS 235	Intro to International Studies	INTST 235 (IP)	3
JOU 110	Introduction to Mass Media	JL MC 101	3
JOU 113	Gender, Sexuality, and Media	JL MC 1T** (USD)	3
JOU 114	Diversity and the Media	JL MC 1T** (USD)	3
POL 111	American National Government	POL S 111	3
POL 121	International Relations	POL S 251 (IP)	3
POL 125	Comparative Government and Politics	POL S 241 (IP)	3
PSY 121	Developmental Psychology	PSYCH 230	3
PSY 251	Social Psychology	PSYCH 280	3
PSY 261	Human Sexuality	HD FS 276 (USD)	3
PSY 281	Educational Psychology	PSYCH 333	3
SOC 115	Social Problems	SOC 235 (USD)	3
SOC 120	Marriage and Family	SOC 219	3
SOC 200	Minority Group Relations	SOC 2T** (USD)	3
SPC 126	Interpersonal and Small Group Communication	COMST 102	3

**Biological Sciences (required for all options)**

<b>Community College Course</b>	<b>Title</b>	<b>ISU Course</b>	<b>Credits</b>
BIO 168* and BIO 173*	Anatomy and Physiology I	BIOL 255, 255L	4
	Anatomy and Physiology II	BIOL 256, 256L	4

**\*BIO 168 & 173 both need to be taken to transfer as BIOL 255, 255L & BIOL 256, 256L**

**IOWA STATE UNIVERSITY**  
**Kinesiology and Health Major Transfer Plan**

**Kinesiology Requirements (required for all options)**

Community College Course	Title	ISU Course	Credits
PEH 102	Health	H S 110	3
PEA 144	Physical Fitness & Conditioning	KIN 258	2

**OPTION - SPECIFIC REQUIREMENTS**

**COMMUNITY AND PUBLIC HEALTH (CPH)**

**For the Community and Public Health option *only*, the department will accept BIO 112 as a standalone course to apply to the general biology requirement.**

For all other options in the Kinesiology and Health major requiring general biology, both BIO 112 & BIO 113 must be taken at the community college to transfer correctly.

Courses listed without direct equivalents (1T\*\*, 2T\*\*, etc.), will transfer and count towards this requirement. These courses have been approved by the department. This applies to this transfer plan only.

Community College Course	Title	ISU Course	Credits
BIO 112	General Biology I	BIOL 2T**	4
BIO 151	Nutrition	FS HN 167	3
BIO 186 <b>or</b> BIO 732	Microbiology with Lab Health Science Microbiology	MICRO 2T** MICRO 2T**	4 4
CHM 122 <b>or</b> CHM 165	Introduction to General Chemistry General Chemistry I	CHEM 163 and 163L CHEM 177 and 177L	4 4
ECE 130	Emergency Care	H S 105	1
MAT 156	Statistics	STAT 101	4
PSY 121	Developmental Psychology	PSYCH 230	3

**EXERCISE SCIENCE (ES)**

Courses listed without direct equivalents (1T\*\*, 2T\*\*, etc.), will transfer and count towards this requirement. These courses have been approved by the department. This applies to this transfer plan only.

Community College Course	Title	ISU Course	Credits
BIO 151	Nutrition	FS HN 167	3
MAT 121 <b>or</b> MAT 129 <b>or</b> MAT 130 <b>or</b> MAT 211 MAT 156	College Algebra Precalculus Trigonometry Calculus I Statistics	MATH 140 MATH 143 MATH 1T** MATH 165 STAT 101	4 5 3 5 4
PEA 248	Advanced Strength and Conditioning	KIN 266	2
PEH 266	Leadership Techniques for Fitness Programs	KIN 259	3
PET 110	Introduction to Athletic Training	A TR 220	2
PHY 106 <b>or</b>	Survey of Physics	PHYS 1T**	4

**IOWA STATE UNIVERSITY**  
**Kinesiology and Health Major Transfer Plan**

PHY 160	General Physics I	PHYS 131 and 131 L	5
---------	-------------------	--------------------	---

**PHYSICAL ACTIVITY AND HEALTH PROMOTION (PAHP)**

**For the Physical Activity and Health Promotion option *only*, the department will accept BIO 112 as a standalone course to apply to the general biology requirement.**

For all other options in the Kinesiology and Health major requiring general biology, both BIO 112 & BIO 113 must be taken at the community college to transfer correctly.

Courses listed without direct equivalents (1T\*\*, 2T\*\*, etc.), will transfer and count towards this requirement. These courses have been approved by the department. This applies to this transfer plan only.

Community College Course	Title	ISU Course	Credits
BIO 112	General Biology I	BIOL 2T**	4
BIO 151	Human Nutrition	FS HN 167	3
BIO 186 <b>or</b> BIO 732	Microbiology with Lab Health Science Microbiology	MICRO 2T** MICRO 2T**	4 4
CHM 122 <b>or</b> CHM 165	Introduction to General Chemistry General Chemistry I	CHEM 163 and 163L CHEM 177 and 177L	4 4
MAT 156	Statistics	STAT 101	4

**PRE-HEALTH PROFESSIONS (PHP)**

**\*Students choose an additional option based on their health career direction\***

**This option prepares students for professional school (physical therapy, occupational therapy, human medicine, etc.). Each of these schools requires varying amounts of science, math and other courses.**

In order to take the right science/math/other courses, students should refer to the [academic plan for their area of interest](#) and follow the courses listed there.

Courses listed without direct equivalents (1T\*\*, 2T\*\*, etc.), will transfer and count towards this requirement. These courses have been approved by the department. This applies to this transfer plan only.

Community College Course	Title	ISU Course	Credits
BIOL 112* and BIO 113*	General Biology 1 General Biology II	BIOL 2T** BIOL 2T**	4 4
<b>*BIO 112 &amp; BIO 113 must both be taken to transfer as BIOL 211, 211L &amp; BIOL 212, 212L</b>			
CHM 165	General Chemistry I	CHEM 177 and 177L	4
CHM 175	General Chemistry II	CHEM 178 and 178L	4
CHM 263	Organic Chemistry I	CHEM 331 and 331L	4
CHM 273	Organic Chemistry II	CHEM 332 and 332L	5
MAT 121 <b>or</b> MAT 129 <b>or</b> MAT 130 <b>or</b> MAT 211	College Algebra Precalculus Trigonometry Calculus I	MATH 140 MATH 143 MATH 1T** MATH 165	4 5 3 5
MAT 156	Statistics	STAT 101	4
PHY 160	General Physics I	PHYS 131 and 131L	5
PHY 161	General Physics II	PHYS 132 and 132L	5

**IOWA STATE UNIVERSITY**  
**Kinesiology and Health Major Transfer Plan**

**PHYSICAL EDUCATION TEACHER EDUCATION LICENSURE (PEL)**

Courses listed without direct equivalents (1T\*\*, 2T\*\*, etc.), will transfer and count towards this requirement. These courses have been approved by the department. This applies to this transfer plan only.

Community College Course	Title	ISU Course	Credits
BIO 151	Nutrition	FS HN 167 (for 5-12 health endorse.)	3
ECE 130	Emergency Care	H S 105	1
EDU 213	Introduction to Education	EDUC 204	3
HIS 150 <b>or</b> HIS 153 <b>or</b>	US History to 1877 US History since 1877	HIST 221 HIST 222	4 4
MAT 121 <b>or</b> MAT 141 <b>or</b> MAT 156	College Algebra Finite Mathematics Statistics	MATH 140 MATH 104 STAT 101	4 4 4
PHY 106 <b>or</b> PHY 160	Survey of Physics General Physics I	PHYS 1T** PHYS 131 and 131 L	4 5
PSY 261	Human Sexuality	HD FS 276 (for 5-12 health endors.)	3

**KINESIOLOGY AND HEALTH GRADUATION REQUIREMENTS**

A minimum of 124 credits must be earned to graduate, with no more than 65 credits applied from a community college. In addition, 46 credits from 300+ coursework must be completed. A Bachelor of Science degree in Kinesiology and Health is awarded upon completion of coursework at Iowa State University.