

UMD Academic Program Transfer Guide
Exercise & Rehabilitation Sciences B.A.Sc.

For students admitted under catalog requirements for Fall 2025



Transfer Institution: Minnesota North - all campuses

This transfer guide is designed as a tool for students who are interested in transferring to UMD for this program. The information reflects the current evaluation of courses at the time this guide was created and is specifically for the catalog year listed above. Transferology.com is a valuable source for checking up-to-date course transfer decisions.

Exercise & Rehabilitation Sciences B.A.Sc.

Department of Applied Human Sciences, College of Education and Human Service Professions

The B.A.Sc. offers preparation for graduate school and a sound basis for professional training in the exercise and allied health sciences. The faculty in exercise science encourage students to develop as active scholars and evidence-based practitioners. Abilities in math, science, and critical thinking are required for matriculation and graduation.

Most upper-level EXSC courses have a graded laboratory component. Students work under supervision in the Exercise Physiology Laboratory, Biomechanics Laboratory, and Motor Learning Laboratory. Students combine theoretical knowledge with hands-on learning in electrocardiography, exercise testing, exercise prescription, and strength and conditioning in a managed learning environment. Students have opportunities to monitor and mentor individuals involved in exercise programs. Labs and other physical facilities allow learning through student research and activity. Students complete internships where they practice their professional skills and substantial opportunities exist for interested students to conduct independent research under the guidance of faculty mentors. Such projects have the potential to be presented at the local, state, and national professional meetings. The Exercise and Rehabilitation Sciences program provides students with an unparalleled opportunity for professional development and personal growth.

Minimum required credits within the major: 64-69

☑ Required credits that can be completed at the transfer institution: **up to 30 within the major**

☑ Credits that must be completed at UMD: **minimum of 30 (39 within the major)**

UMD requirement:	UMD course(s) that fulfills this requirement:	Transfer institution course(s)+ that can fulfill this requirement:
Learning in Community	UST 1000 Learning in Community (1 cr) <i>Waived for students transferring with 30+ post-high school college credits</i>	–
Biology	BIOL 1011 - General Biology I (4)	BIOL1561 - GENERAL BIOLOGY OF CELLS
Chemistry	CHEM 1113* - Introduction to General, Organic, and Biological Chemistry I [<i>NATURAL SCIENCES</i>] (5)	CHEM1200 - INTRODUCTION TO CHEMISTRY CHEM1521 - GENERAL CHEMISTRY 1

UMD requirement:	UMD course(s) that fulfills this requirement:	Transfer institution course(s)+ that can fulfill this requirement:
	or CHEM 1153* - General Chemistry I [<i>NATURAL SCIENCES</i>] (3) and CHEM 1154* - General Chemistry Lab I [<i>NATURAL SCIENCES</i>] (1)	
Mathematics or Statistics (1 class)	MATH 1005 - College Algebra (5) or MATH 1160 - Finite Mathematics and Introduction to Calculus (4) or MATH 1250 - Precalculus Analysis (4) or MATH 1290 - Calculus for the Natural Sciences (4) or MATH 1296 - Calculus I (4) or STAT 1411 - Introduction to Statistics(3) or STAT 2411 - Statistical Methods (3)	MATH1220 - COLLEGE ALGEBRA MATH1300 - PRECALCULUS MATH1311 - CALCULUS 1 MATH1215 - STATISTICS
Physics (1 class)	PHYS 1001 - Introduction to Physics I (5) or PHYS 1011 - Conceptual Physics (3) or PHYS 2013 - General Physics I (4)	PHYS1211 - COLLEGE PHYSICS 1 PHYS2261 - GENERAL PHYSICS I
Anatomy & Physiology (2 classes)	EXSC 2030 - Human Anatomy and Physiology I with lab (4)	BIOL2371 - HUMAN ANATOMY & PHYSIOLOGY I
	EXSC 2040 - Human Anatomy and Physiology II with lab (4)	BIOL2372 - HUMAN ANATOMY & PHYSIOLOGY 2
Exercise & Rehab Science Lower Division (3 classes)	EXSC 1000 - Introduction to Exercise and Rehabilitation Sciences (1)	PHED1410 - INTRODUCTION TO EXERCISE SCIENCE
	EXSC 2420 - Aerobic and Fitness Assessment Techniques in Exercise Science (1)	-
	EXSC 2430 - Resistance Training Techniques in Exercise Science (1)	PHED1140 - METHODS OF STRENGTH AND CONDITIONING
Upper Division Core (11 classes)	EXSC 3200 - Motor Learning and Control (4)	-
	EXSC 3210 - Exercise Psychology (3)	-
	EXSC 3300 - Human Biomechanics (4)	-
	EXSC 3400 - Exercise Physiology (4)	-
	EXSC 3410 - Exercise Metabolism and Nutrition (3)	-
	EXSC 3420 - Exercise Testing and Prescription (3)	-
	EXSC 3430 - Principles of Resistance Training (3)	-
	EXSC 3440 - Clinical Exercise Physiology (4)	-
	EXSC 4700 - Statistics and Research Methods in Exercise Science (3)	-
	EXSC 4710 - Exercise and Rehabilitation Sciences	-

UMD requirement:	UMD course(s) that fulfills this requirement:	Transfer institution course(s)+ that can fulfill this requirement:
	Capstone (3)	
	EXSC 4996 - Internship (1)	–
Advanced Writing (1 class)	WRIT 3150 Advanced Writing: Science (3) or WRIT 3160 - Advanced Writing: Social Sciences (3)	–

* Courses with an asterisk (*) fulfill a Liberal Education Program requirement at UMD.

+ In cases where no direct equivalent course has been identified from the transfer institution, students may consult with an Advising office at UMD about the process for requesting review of courses or for allowing elective courses to substitute for specific requirements.

Liberal Education Program	<p>In addition to the program-specific requirements listed above, all students must complete UMD's Liberal Education Program (<i>learn more at z.umn.edu/UMDLEP</i>). Completion of an Associate of Arts (AA), Associate of Science (AS), the Minnesota Transfer Curriculum (MNTC), or a previous bachelor's degree will waive students' Liberal Education Program requirements at UMD; however, students will still be responsible for completing any specific Liberal Education course(s) required in the degree program, if not already completed via an equivalent transfer course.</p> <p>For students who have not completed an AA degree, AS degree, the MNTC, or a previous bachelor's degree, each transferred course will be considered individually for possible application toward UMD's Liberal Education Program requirements.</p>
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See complete admission and program requirement information for all UMD programs in the online [Catalog](http://z.umn.edu/UMDuluthCatalog) (z.umn.edu/UMDuluthCatalog).

Advising & Academic Services, College of Education and Human Service Professions		
cehsp.d.umn.edu/students/advising	cehspadv@d.umn.edu	218-726-7156
120 Bohannon Hall, 1207 Ordean Court, Duluth, MN 55812		

UMD Office of Admissions - Transfer Services		
admissions.d.umn.edu/apply/transfer-students	umdadmis@d.umn.edu	218-726-7171
41 Solon Campus Center, 1117 University Drive, Duluth, MN 55812		

Disclaimers:

This guide identifies courses from the transfer institution which will apply to the named baccalaureate degree. If you plan to complete this bachelor's degree, recognize that:

1. Transferring students are responsible for meeting all general UMD admission requirements.
2. Transferring students should contact the [Academic Advising office](#) for the college that houses this degree program with any questions about specific admission requirements for this program.
3. Transfer courses completed in addition to those identified herein may (but are not guaranteed to) apply toward UMD's [Liberal Education requirements](#) and/or overall credit requirements for the bachelor's degree. Learn more about [Types of Transfer Credit](#).
4. It is imperative that students contact a UMD professional academic advisor by the end of the first semester after transfer, to ensure that transfer work has been accurately reflected on the student's record, to clarify remaining coursework appropriate for this major, and to identify any other program requirements or university degree requirements. [Undergraduate Degree policy](#)
5. An undergraduate degree program requires a minimum of 120 total semester credits with specific residency and GPA requirements. [Credit Requirements](#)
6. To plan for the most efficient completion timeframe, students may refer to UMD's [4-year sample plan](#) for this program; however, a 4-year completion is not guaranteed.
7. Students who do not place directly into any specified math course may need to complete prerequisite math courses. Not all degree programs require math.