

## College of Lake County & Northern Illinois University Kinesiology 2+2 Agreement Transfer Guide

This Transfer Guide is an exhibit to the Articulation Agreement between the Board of Trustees of Northern Illinois University and College of Lake County with an Articulation Agreement Effective Date of August 23, 2021. All capitalized terms which are not defined herein shall have the same meanings set forth in the Articulation Agreement.

### Kinesiology: Exercise Science Focus (AS) to Kinesiology (BS)

College of Lake County 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 at College of Lake County

<u>First Semester</u>		<u>Second Semester</u>			
<u>College of Lake County</u>		<u>NIU</u>	<u>College of Lake County</u>		<u>NIU</u>
ENG 121	3	ENGL 103	ENG 122	3	ENGL 203
BIO 123 or 161	4	BIOS 103/105	MTH 145	5	MATH 229
PSY 121	3	PSYC 102	KIN 270	3	General Elective
KIN 221	3	KNPE 200	HWP 240	3	PHHE 206
KIN 243	2	KNPE 217	HWP 257	1	N/A
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Total	15 hrs	Total	15 hrs		

#### Second Year at College of Lake County

<u>Third Semester</u>		<u>Fourth Semester</u>			
<u>College of Lake County</u>		<u>NIU</u>	<u>College of Lake County</u>		<u>NIU</u>
CMM 121	3	COMS 100	SOC 121	3	SOCI 170
<sup>1</sup> BIO 244	4	BIOS 357	<sup>1</sup> BIO 245	4	BIOS 357
HUM 127	3	PHIL 105	CHM 121	4	CHEM 210 & 212
HWP 260	3	NUTR 306	HUM 126	3	MUHL 220
MTH 222	4	STAT 100	KIN 271	3	General Elective
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Total	17 hrs	Total	17 hrs		

#### Third Year At Northern Illinois University

<u>Fifth Semester</u>		<u>Sixth Semester</u>	
<sup>2</sup> KNPE 300	1	<sup>2</sup> KNPE 443	3
<sup>2</sup> KNPE 301	3	<sup>2</sup> KNPE 464	3
<sup>2</sup> KNPE 305	3	<sup>2</sup> KNPE 486	4
<sup>2</sup> KNPE 350	3	<sup>2</sup> KNPE 314	4
<sup>2</sup> KNPE 452	4	<sup>2</sup> KNPE Elective #1	3
<sup>2</sup> KNPE 445	3		
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Total	17 hrs	Total	17hrs

## Fourth Year At Northern Illinois University

Seventh Semester		Eighth Semester					
<sup>2</sup> KNPE 463	3	KNPE 494	6				
<sup>2</sup> KNPE 493	2	Elective	3				
<sup>2</sup> KNPE 469	3	<sup>3</sup> Elective	3				
<sup>2</sup> KNPE Elective #2	3-4						
<sup>2</sup> KNPE Elective #3	3						
<table style="width: 100%; border: none;"> <tr> <td style="width: 25%;">Total</td> <td style="width: 25%; text-align: center;">15-16 hrs</td> <td style="width: 25%;">Total</td> <td style="width: 25%; text-align: center;">12 hrs</td> </tr> </table>				Total	15-16 hrs	Total	12 hrs
Total	15-16 hrs	Total	12 hrs				

<sup>1</sup>BIO 244 & BIO 245 combine to make BIOS 357. Taken separately, would only equate to a general elective

<sup>2</sup>Minimum grade of C required.

<sup>3</sup>This elective is to maintain full time status. 120 credits will be met without it.

## NOTES/COMMENTS

Following this Transfer Guide while completing an Associates of Science – Kinesiology: Exercise Science Focus (A.S.) at College of Lake County 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.S. degree in Kinesiology: Exercise Science Focus. Students will complete an additional sixty-one to sixty-two (61-62) credit hours at NIU for the B.S. degree in Kinesiology. Students should always work closely with the academic advising staff at both College of Lake County and NIU.

### **Northern Illinois University**

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.

### **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.

### **Accreditation**

College of Lake County is accredited by The Higher Learning Commission. College of Lake County is recognized by both federal and state agencies administering financial aid.

Northern Illinois University is accredited by the Higher Learning Commission, which accredits degree-granting post-secondary educational institutions in the North Central region. NIU is included in the Doctoral Universities Higher Research Activity category of the Carnegie Foundation for the Advancement of Teaching and has achieved the Community Engagement Classifications for Outreach and Partnerships and for Curricular Engagement.

The university and its colleges have institutional membership or other affiliations in or with the American Association of State Colleges and Universities (AASCU), American Association of Colleges for Teacher Education, American Council on Education (ACE), Association of Governing Boards of Universities and Colleges (AGBUC), Association of Public and Land-Grant Universities (APLU), Council for Higher Education Accreditation (CHEA), Council of Graduate Schools, and Universities Research Association.

The university is also fully accredited by the Council for Accreditation of Educator Preparation (CAEP) to offer teacher education programs and offers several educator licensure programs that are approved by the Illinois State Board of Education.

**Transfer Guide is in effect from August 16, 2021 until August 15, 2025**

## **For More Information**

### **Institutional Contacts:**

#### **For NIU undergraduate application materials, contact:**

Office of Admissions  
Northern Illinois University  
DeKalb, IL 60115-2857  
[admissions@niu.edu](mailto: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](mailto:transfercenter@niu.edu).

#### **For College of Lake County application materials, contact:**

### **Welcome and One Stop Center**

College of Lake County - Grayslake, Room B114  
19351 West Washington Street  
Grayslake, IL 60030-1198  
(847) 543-2085  
[info@clcillinois.edu](mailto:info@clcillinois.edu)

Apply online at: <https://www.clcillinois.edu/admission/become-a-student>

### **CLC Departmental Contacts:**

Kinesiology Program  
Biological and Health Sciences Division  
College of Lake County

For information on recommended courses or program specific advising, please contact department chair Joana Pabedinskas at [jpabedinskas@clcillinois.edu](mailto:jpabedinskas@clcillinois.edu) or (847) 543-2029 or the Biological and Health Sciences Division at (847) 543-2042.

### **NIU 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) 753-1407 or email [knpe@niu.edu](mailto:knpe@niu.edu).

The following are lists of courses (and transfer equivalents) required as part of the Articulation Agreement between College of Lake County A.S. degree in Kinesiology: Exercise Science Focus and Northern Illinois University's B.S. degree program in Kinesiology

## Courses at College of Lake County

The following 60 credit hours are required for the A.S. degree program in Kinesiology: Exercise Science Focus.

Courses at College of Lake County		Equivalent courses at NIU
ENG 121	English Composition I	ENGL 103
BIO 123 of 161	General Biology I	BIOS 103 & 105
PSY 121	Introduction to Psychology	PSYC 102
KIN 221	Intro to Physical Education	KNPE 200
KIN 243	Theory and Practice of Fitness	KNPE 217
ENG 122	English Composition II	ENGL 203
MTH 145	Calculus & Analytic Geometry I	MATH 229
KIN 270	Biomechanics and Kinesiology	General Elective
HWP 240	Contemporary Health Issues	PHHE 206/Society & Culture
HWP 257	Health & Wellness Practicum	No transfer credit
CMM 121	Fundamental of Speech	COMS 100
BIO 244	Anatomy & Physiology I	BIO 244 + BIO 245 will be BIOS 357
HUM 127	Critical Thinking	PHIL 105/Creativity & Critical Analysis
HWP 260	Sport & Exercise Nutrition	NUTR 306
MTH 222	Business Statistics	STAT 100
SOC 121	Intro to Sociology	SOCI 170/Society & Culture
BIO 245	Anatomy & Physiology II	BIO 244 + BIO 245 will be BIOS 357
CHM 121	General Chemistry I	CHEM 210 & 212
HUM 126	Intro to Performing Arts	MUHL 220/Creativity & Critical Analysis
KIN 271	Exercise Physiology	General Elective

## Courses at NIU

The following 60 credit hours are required for the Bachelor of Science Degree in Kinesiology.

KNPE 300	Field Experience in Kinesiology
KNPE 301	Introduction to Kinesiology
KNPE 305 or KNPE 310	Psychological and Social Aspects of Exercise and Physical Activity or Psychological Aspects of Sport and Exercise
KNPE 314	Applied Kinesiology
KNPE 350	Principles & Techniques of Resistance Training
KNPE 443	Exercise Therapy for Acute and Chronic Conditions
KNPE 445	Measurement & Evaluation
KNPE 452	Exercise Physiology
KNPE 463	Exercise and Physical Activity Across the Lifespan
KNPE 464	Scientific Basis of Exercise Prescription and Progress
KNPE 469	Professional Prep in Kinesiology
KNPE 486	Principles of Motor Learning and Performance
KNPE 493	Clinical Experience in Exercise Gerontology
KNPE 494	Internship in Kinesiology
KNPE Elective #1	See your NIU Advisor
KNPE Elective #2	See your NIU Advisor
KNPE Elective #3	See your NIU Advisor
Elective	See your NIU Advisor

**Disclaimer:** Although NIU attempts to accommodate the course requests of all students, some course offerings may be limited by financial, space, and staffing considerations, or may otherwise be unavailable. Nothing in this Agreement may be construed to promise or guarantee registration in any course or course of study (whether required or elective), nor may anything be construed to promise or guarantee the completion of an academic program within a specific length of time. All degree requirements are subject to the provisions and notices in the NIU Undergraduate Catalog. Information in this Agreement is valid through August 15, 2025.