

Articulation Agreement
Between Oakland University and Lansing Community College
For a Bachelor's of Science in Exercise Science

Effective October 1, 2022 - September 30, 2025

Exhibit 1

1. Complete degree requirements per Lansing's Kinesiology/Exercise Science Associate of Applied Science degree (KES). For maximum transferability and efficiency please follow the outline listed below as elective options have been chosen to best suit OU's program.

Lansing Community College Course	
Semester 1	Semester 4
BIOL 201 – 4 ch	MTA Approved Humanities- 4 ch
MATH 126- 5 ch	COMM 280 - 3 ch
PFKN 170- 3 ch	PFKN 200- 3 ch
PFHW 163 – 2 ch	PFKN 201 – 1 ch
PFFT 109 (+PFWT 112 in semester 3) – 1 ch	CHEM 151 – 3 ch
ACAD 100 – 1ch (elective)	CHEM 161 – 1 ch
Total Semester Credits Hours 16	Total Semester Credit Hours-15
Semester 2	Semester 5
ENGL 121 – 4 ch	BIOL 127 – 4ch
BIOL 202 - 4 ch	PHYS 221- 4 ch
PFKN 250- 3 ch	STAT 170- 4 ch
PFKN 260- 3 ch	Kinesiology or General Electives – 6 ch
PFHW 123 – 3 ch	Total Semester Credit Hours-18
Total Semester Credit Hours-17	
Semester 3	
ENGL 122 - 4 ch	Grand Total- 82 credit hours
PSYC 200 - 4 ch	
PFKN 208- 3 ch	
PFWT 112 (+ PFFT 109 in semester 1) 1 ch	
MTA Approved Humanities – 4 ch	
Total Semester Credit Hours 16	

2. Work with a School of Health Sciences academic adviser to develop an individualized plan to meet EXSBS major requirements and OU requirements for graduation. 42 credits remain to complete the degree.
3. Complete the Following Requirements
 - a. HS 2000 Introduction to Health and Health behaviors – 3 ch
 - b. PSY 2500 Research Design in Psychology – 4 ch
 - c. EXS 2700 Safety and First Aid in Exercise Settings – 2 ch
 - d. EXS 3030 Motor Control – 3 ch
 - e. EXS 4030 – Assessment and Interventions Lab – 3 ch
 - f. EXS 4715 – Integrated Lab in Exercise Science – 3 ch
 - g. EXS 4960 or 4995 Practicum in Exercise Science or Directed Research – 3 ch
 - h. Remaining credits must be at the 3000/4000 level to meet University Graduation Requirements. 6 credits must be in EXS.

MTA Notes

- Students who complete Michigan Transfer Agreement (MTA) allows you to satisfy OU's general education requirements (with the exception of a writing intensive course in the major and a capstone course, and you must either transfer in a course for the knowledge applications requirement or take a course at OU). To fulfill the MTA, you must successfully complete at least 30 credits, with at least a C or 2.0 grade in each course.
- MTA courses have been selected to maximize credit efficiency.
- Students who choose not to complete the MTA may need to satisfy additional General Elective requirements upon transferring to OU.