

EXERCISE SCIENCE, B.S. EXERCISE AND WELLNESS CONCENTRATION (STLCC 2+SLU)

This program plan is part of the formal 2+SLU transfer agreement between St. Louis Community College and Saint Louis University.

Students in this program will satisfy the degree requirements published in the 2025-2026 academic catalog at St. Louis Community College and the 2026-2027 academic catalog at SLU. Students must complete all courses and transfer to SLU by the fall 2029 semester.

Students who plan to transfer to SLU after fall 2029 should contact a transfer admission counselor (<https://www.slu.edu/admission/transfer/contact.php>) to explore options.

Students who have been following a program plan from a previous year's academic catalog can reference their older program plan version by reviewing our previous catalogs (<https://catalog.slu.edu/previous-catalogs/>).

For additional information see the catalog entry for:

Exercise Science, B.S. (<https://catalog.slu.edu/colleges-schools/health-sciences/exercise-science-bs/>)

Admission Requirements

- Students must complete all the courses outlined on the program plan unless an exception is approved by SLU.
- Students must complete an application for admission.
- Students may be subject to admission review under circumstances outlined in the Admission Policies (<https://catalog.slu.edu/academic-policies/office-admission/undergraduate/admission-policies/>).
- Students must present at least a 2.50 cumulative college GPA at the time of transfer to SLU.
- This program plan is structured for a fall semester start at SLU. Students interested in starting the spring semester should contact SLU to explore this option.

Program Plan

Program plans provide a guided pathway for students to earn an associate degree at their home institution and a bachelor's degree at Saint Louis University. Students may change the sequence in which they complete courses at their home institution. Students who complete a course that is not part of this program plan are encouraged to contact SLU to see if the course could be substituted.

St. Louis Community College Courses

Transfer Course	Transfer Course Title	Transfer Course Credits	Equivalent SLU Course	Equivalent SLU Credits
Year One				
Fall				

BIO 140	Principles of Biology I (MOTR BIOL 150L) ** §	5	BIOL 1ELE	5
CHM 101	Fundamentals of Chemistry I (MOTR CHEM 100L) **	5	CHEM 1080 and CHEM 1085	5
ENG 101	College Composition I (MOTR ENGL 100)	3	ENGL 1500	3
MTH 185 or MTH 180	Precalculus (MOTR MATH 150) or Introductory Statistics (MOTR MATH 110) **	3-5	MATH 1400 or STAT 1100	3-5
		Credits	16-18	16-18
Spring				
BIO 141	Principles of Biology II ** §	4	BIOL 1ELE	4
CHM 102	Fundamentals of Chemistry II **	4	CHEM 1480 and CHEM 1485	4
COM 107	Public Speaking (MOTR COMM 110)	3	CMM 1200	3
ENG 102	College Composition II (MOTR ENGL 200)	3	ENGL 1900	3
PHL 101	Introduction to Philosophy (MOTR PHIL 100)	3	PHIL 1700	3
		Credits	17	17
Year Two				
Fall				
BIO 207	Anatomy and Physiology I (MOTR LIFS 150LAP) ** ‡	4	HSCI 3300 and HSCI 3310	4
PHL 104	Ethics (MOTR PHIL 102)	3	PHIL 2050	3
PHY 111	College Physics I (MOTR PHYS 150L) ** †	4	PHYS 1310 and PHYS 1320	4
	Social & Behavioral Sciences Course	3	Elective	3
		Credits	14	14
Spring				

BIO 208	Anatomy and Physiology II ** ‡	4	HSCI 3400 and HSCI 3410	4
PHY 112	College Physics II ** †	4	PHYS 1330 and PHYS 1340	4
PSY 200	General Psychology (MOTR PSYC 100) **	3	PSY 1010	3
	Choose one:	3	CORE 3400	3
	HST 137 (HIST 1ELE), HST 138 (HIST 1ELE), HST 101 (HIST 1600), HST 102 (HIST 1610)			
	Choose one:	3	CORE 2800	3
	ART 109 (ART 2000), ART 113 (ART 2400), ART 115 (ART 2300), ART 116 (ART 2450), ART 165 (ART 2600), ART 172 (ART 2650), ART 275 (ART 2650), COM 111 (CMM 1ELE), ENG 110 (ENGL 3100), ENG 114 (ENGL 3070), ENG 202 (ENGL 3070), ENG 224 (ENGL 3060), ENG 225 (ENGL 3050), ENG 233 (ENGL 3080), MCM 134 (CMM 2510), THT 108 (THR 2510)			
	Credits	17		17
	Credits	64-66		64-66

* ECO 151 (ECON 1ELE) and ECO 151 (ECON 1ELE) must be completed to transfer credit for ECON 1900 which fulfills SLU's CORE 3600 requirement.

‡ BIO 207 (HSCI 3300/3310) and BIO 208 (HSCI 3400/3410) are combined to substitute for ANAT 1000 and PPY 2540 at SLU. Both courses must be completed.

† PHY 111 (PHYS 1310 and PHYS 1320) and PHY 112 (PHYS 1330 and PHYS 1340) are substituted for PHYS 1220/1235 and PHYS 1240/1255.

§ BIO 140 and BIO 141 transfer as BIOL 1240/BIOL 1245 and BIOL 1260/1265.

Note: This program plan lists more than the 60 credit hours required for the AA degree at STLCC and these additional credits may not qualify for financial aid. Students may contact SLU to explore taking Summer term courses at SLU.

Saint Louis University Courses

Course	Title	Credits
Year Three		
Fall		
CORE 1000	Ignite First Year Seminar	2,3
CORE 1500	Cura Personalis 1: Self in Community	1
DIET 2080	Foundations in Nutrition	3
EXSC 3230	Exercise Physiology	3
HSCI 2500	Human Development across the Lifespan	3
IPE 2100	Interprofessional Collaboration and Healthcare in Global Context	3
STAT 1100 or MATH 1400	Introduction to Statistics or Pre-Calculus	3
Credits		18-19
Spring		
CORE 1600	Ultimate Questions: Theology	3
AAM 4361	Art and Science of Human Flourishing	3
EXSC 4121	Clinical Biomechanics	3
IPE 4200	Applied Decision-Making in Interprofessional Practice	3
Upper-level Elective		3
Upper-level Elective		3
Credits		18
Year Four		
Fall		
CORE 3500	Cura Personalis 3: Self in the World	1
EXSC 4150	Nutrition, Health, and Physical Performance	3
EXSC 4241	Clinical Research and Design	2
IPE 4900	Interprofessional Community Practicum	3
Upper-level Elective		3
Upper-level Elective		3
Credits		15
Spring		
EXSC 4170	Exercise Testing and Prescription	3
EXSC 4260	Enhancing Human Performance	3
Upper-level Elective		3
Upper-level Elective		3

Note: This program plan is structured for a Fall semester start at SLU. Students interested in starting the Spring semester should contact SLU to explore this option.

** This course must be passed with a grade of "C" or higher. SLU must review this course if it is transferred from another institution or testing service.

Upper-level Elective	3
Upper-level Elective	3
Credits	18
Total Credits	69-70

Contact Us

For additional questions, please contact:

Transfer Admission
314-977-2500
transfer@slu.edu