# Ozarks Technical Community College

OTC Associate of Arts in General Studies to MSU Bachelor of Science in Exercise and Movement Science - Health Studies

The following is a guide to graduation with completion of an A.A. at OTC and MSU's Bachelor of Science in Exercise and Movement Science degree. The B.S. in Exercise and Movement Science degree may be completed on campus only. This is a comprehensive major meaning it does not require completion of a minor. Courses are sequenced to provide guidance and to help ensure that prerequisite requirements are met. Catalog Year: 2022-2023. Date Modified: 4.21.22.

MSU Transfer Advisor: Zach Burt, [ZacharyBurt@MissouriState.edu](mailto:ZacharyBurt@MissouriState.edu), 417-836-8481

Finish in 4 Go Bears Missouri State University

### OTC Year 1 Semester 1

Institutional Requirement

* OTC Course ID/Title: OTC 101 Navigating College
* Credit Hours: 2
* MSU Equivalent: GEP 101
* Meets Core 42: No
* MSU Major Requirement: No

Mathematical Sciences - 3 credit hours

* OTC Course ID/Title: Choose one: MTH 128, MTH 128S, MTH 130, MTH 130S, MTH 131, MTH 138, MTH 140, MTH 141, MTH 210, MTH 214, MTH 215, MTH 230, MTH 240, MTH 241 or any MTH course with a Core 42 approved prerequisite
* Credit Hours: 3-5
* MSU Equivalent: Varies
* Meets Core 42: Yes
* MSU Major Requirement: No

Natural Sciences - 7 credit hours (Must fulfill 2 disciplines including one course with a lab component)

* OTC Course ID/Title: Choose one: BIO 100 Life Science, BIO 160 General Biology 1
* Credit Hours: 4
* MSU Equivalent: BIO 101/111, BIO 121
* Meets Core 42: Yes
* MSU Major Requirement: Yes

Written Communications - 6 credit hours

* OTC Course ID/Title: Choose one: ENG 100 Composition 1 with support, ENG 101 Composition
* Credit Hours: 3-5
* MSU Equivalent: ENG 110
* Meets Core 42: Yes
* MSU Major Requirement: No

Social/Behavioral Sciences - 9 credit hours - (Must fulfill 2 disciplines)

* OTC Course ID/Title: Choose one: ANT 101, ANT 220, COM 150, CRM 210, ECO 270, ECO 275, GRY 101, HST 105, HST 106, HST 120, HST 130, PLS 101, PLS 201, PSY 110, PSY 130, SOC 101, SOC 215
* Credit Hours: 3
* MSU Equivalent: Varies
* Meets Core 42: Yes
* MSU Major Requirement: No

Humanities and Fine Arts - 9 credit hours (Must fulfill 2 disciplines)

* OTC Course ID/Title: Choose one: ART 100, ART 101, ART 105, ART 120▲, ASL 101, ASL 102, CHN 101, ENG 180, ENG 240, ENG 241, ENG 260, ENG 265, ENG 270, ENG 271, FRN 101, FRN 102, GRM 101, GRM 102, HUM 101, MUS 101, MUS 105, MUS 106, MUS 110, MUS 235\*▲, PHL 101, PHL 105, REL 100, REL 101, REL 102, SPN 101, SPN 102, THR 101
* Credit Hours: 3
* MSU Equivalent: Varies
* Meets Core 42: Yes
* MSU Major Requirement: No

Semester 1 Total = 15-19 credit hours

### OTC Year 1 Semester 2

Humanities and Fine Arts - 9 credit hours (Must fulfill 2 disciplines)

* OTC Course ID/Title: Choose one: ART 100, ART 101, ART 105, ART 120▲, ASL 101, ASL 102, CHN 101, ENG 180, ENG 240, ENG 241, ENG 260, ENG 265, ENG 270, ENG 271, FRN 101, FRN 102, GRM 101, GRM 102, HUM 101, MUS 101, MUS 105, MUS 106, MUS 110, MUS 235\*▲, PHL 101, PHL 105, REL 100, REL 101, REL 102, SPN 101, SPN 102, THR 101
* Credit Hours: 3
* MSU Equivalent: Varies
* Meets Core 42: Yes
* MSU Major Requirement: No

Oral Communications – 3 credit hours

* OTC Course ID/Title: COM 105 Public Speaking
* Credit Hours: 3
* MSU Equivalent: COM 115
* Meets Core 42: Yes
* MSU Major Requirement: Yes

Written Communications - 6 credit hours

* OTC Course ID/Title: Choose one: ENG 102 Composition 2, ENG 150 Technical Writing
* Credit Hours: 3
* MSU Equivalent: ENG 210, ENG 221
* Meets Core 42: Yes
* MSU Major Requirement: No

Social/Behavioral Sciences - 9 credit hours - (Must fulfill 2 disciplines)

* OTC Course ID/Title: Choose one: PLS 101, HST 120, HST 130
* Credit Hours: 3
* MSU Equivalent: Varies
* Meets Core 42: Yes
* MSU Major Requirement: No

Natural Sciences - 7 credit hours (Must fulfill 2 disciplines including one course with a lab component)

* OTC Course ID/Title: CHM 101 Introduction to Chemistry
* Credit Hours: 4
* MSU Equivalent: CHM 116 and 117
* Meets Core 42: Yes
* MSU Major Requirement: No

Semester 2 Total = 16 credit hours

### OTC Year 2 Semester 3

Humanities and Fine Arts - 9 credit hours (Must fulfill 2 disciplines)

* OTC Course ID/Title: Choose one: ART 100, ART 101, ART 105, ART 120▲, ASL 101, ASL 102, CHN 101, ENG 180, ENG 240, ENG 241, ENG 260, ENG 265, ENG 270, ENG 271, FRN 101, FRN 102, GRM 101, GRM 102, HUM 101, MUS 101, MUS 105, MUS 106, MUS 110, MUS 235\*▲, PHL 101, PHL 105, REL 100, REL 101, REL 102, SPN 101, SPN 102, THR 101
* Credit Hours: 3
* MSU Equivalent: Varies
* Meets Core 42: Yes
* MSU Major Requirement: No

Humanities and Fine Arts - 9 credit hours (Must fulfill 2 disciplines)

* OTC Course ID/Title: Choose one: ART 100, ART 101, ART 105, ART 120▲, ASL 101, ASL 102, CHN 101, ENG 180, ENG 240, ENG 241, ENG 260, ENG 265, ENG 270, ENG 271, FRN 101, FRN 102, GRM 101, GRM 102, HUM 101, MUS 101, MUS 105, MUS 106, MUS 110, MUS 235\*▲, PHL 101, PHL 105, REL 100, REL 101, REL 102, SPN 101, SPN 102, THR 101
* Credit Hours: 3
* MSU Equivalent: Varies
* Meets Core 42: Yes
* MSU Major Requirement: No

Core Elective

* OTC Course ID/Title: BCS 165 Human Anatomy
* Credit Hours: 4
* MSU Equivalent: KIN 250
* Meets Core 42: Yes
* MSU Major Requirement: Yes

Institutional Elective

* OTC Course ID/Title: Choose a 100 level course or above with the assistance of your MSU transfer advisor.
* Credit Hours: 5
* MSU Equivalent: Varies
* Meets Core 42: No
* MSU Major Requirement: No

Semester 3 Total = 15 credit hours

### OTC Year 2 Semester 4

Institutional Elective

* OTC Course ID/Title: BCS 205 Human Physiology
* Credit Hours: 4
* MSU Equivalent: KIN 252
* Meets Core 42: No
* MSU Major Requirement: Yes

Institutional Elective

* OTC Course ID/Title: Choose a 100 level course or above with the assistance of your MSU transfer advisor.
* Credit Hours: 6
* MSU Equivalent: Varies
* Meets Core 42: No
* MSU Major Requirement: No

Institutional Elective

* OTC Course ID/Title: MTH 210 Statistical Algebra
* Credit Hours: 3
* MSU Equivalent: QBA 237
* Meets Core 42: Yes
* MSU Major Requirement: Yes

Institutional Elective18 hours required for A.A. degree

* OTC Course ID/Title: Any course numbered 100 and above - your choice.
* Credit Hours: 3
* MSU Equivalent: Varies
* Meets Core 42: No
* MSU Major Requirement: No

Social/Behavioral Sciences - 9 credit hours - (Must fulfill 2 disciplines)

* OTC Course ID/Title: Choose one: ANT 101, COM 150, ECO 270, GRY 101, HST 106, HST 130, PLS 201,   
  PSY 130, SOC 210, ANT 220, CRM 210, ECO 275, HST 105, HST 120, PLS 101, PSY 110, SOC 101
* Credit Hours: 3
* MSU Equivalent: Varies
* Meets Core 42: Yes
* MSU Major Requirement: No

Semester 4 Total = 16  
Total Hours at OTC = 62-66  
Total Hours Applied Toward MSU Major Requirements: 22

\* One credit hour course ▲May choose only one, falls under MOTR code 'PERF’

# Missouri State University

MSU Bachelor of Science in Exercise and Movement Science - Health Studies after Associate of Arts at OTC

Date Modified: 4.21.22  
MSU Transfer Advisor: Zach Burt, [ZacharyBurt@MissouriState.edu](mailto:ZacharyBurt@MissouriState.edu), 417-836-8481

Courses are sequenced to provide guidance and to help ensure that prerequisite requirements are met.

Catalog Year: 2022-23

### MSU Year 3 Semester 1

Major Requirement

* MSU Course ID/Title: KIN 212 Introduction to Exercise Science
* Credit hours: 1

Major Requirement

* MSU Course ID/Title: KIN 350 Health and Wellness Promotion
* Credit hours: 3

Major Requirement

* MSU Course ID/Title: Choose one: KIN 212 256 Community Health, KIN 358 Health Education Methods
* Credit hours: 2-3

Major Requirement

* MSU Course ID/Title: KIN 485 Psychology of Sport and Physical Activity
* Credit hours: 2

Major Requirement

* MSU Course ID/Title: KIN 360 Kinesiology
* Credit hours: 2

Major Requirement

* MSU Course ID/Title: KIN 257 Personal Health
* Credit hours: 2

Semester 1 Total: 14-15 Credit Hours

### MSU Year 3 Semester 2

Major Requirement

* MSU Course ID/Title: Choose one: ATC 222 Athletic Injuries, KIN 253 First Aid
* Credit hours: 2

Major Requirement

* MSU Course ID/Title: KIN 362 Exercise Physiology
* Credit hours: 2

Major Requirement

* MSU Course ID/Title: KIN 361 Principles of Motor Learning in Physical Education
* Credit hours: 2

Major Requirement

* MSU Course ID/Title: KIN 210 Healthy Lifestyles: Preventative Approaches
* Credit hours: 2

Major Requirement

* MSU Course ID/Title: DTN 240 Introduction to Nutrition
* Credit hours: 3

Semester 2 Total: 14 Credit Hours

### MSU Year 4 Semester 3

Major Requirement

* MSU Course ID/Title: KIN 550 Organization and Administration for Kinesiology Professionals
* Credit hours: 3

Major Requirement

* MSU Course ID/Title: SWK 330 Social Work Practice with Addictions
* Credit hours: 3

Major Requirement

* MSU Course ID/Title: PSY 508 Introduction to Applied Behavior Analysis
* Credit hours: 3

Major Requirement

* MSU Course ID/Title: PSY 509 Health Appraisal and Exercise Testing Techniques
* Credit hours: 4

Major Requirement

* MSU Course ID/Title: DTN 334 Introduction to Nutrition Assessment and Sports Nutrition
* Credit hours: 3

Semester 3 Total: 16 Credit Hours

### MSU Year 4 Semester 4

Major Requirement

* MSU Course ID/Title: KIN 465 Exercise Prescription: Strength and Conditioning
* Credit hours: 2

Major Requirement

* MSU Course ID/Title: KIN 468 Adapted Physical Education
* Credit hours: 4

General Elective\*\*

* MSU Course ID/Title: Work with your MSU advisor to identify courses that will complement your specific career goals.
* Credit hours: 2

Major Requirement

* MSU Course ID/Title: Choose one: KIN 500 Seminar in Physical Education, KIN 491 Field Experience
* Credit hours: 3-12

Major Requirement

* MSU Course ID/Title: Choose one: KIN 567 Physical and Leisure Activities for the Aging Adult
* Credit hours: 3

Semester 4 Total: 14-23 Credit Hours  
Total Hours at MSU: 58-68  
Total Hours Overall: 120-134

\*\* Electives provide the opportunity to customize your degree program. Some elective credits may or may not be needed to bring total credit hours to a minimum of 120 credit hours and upper division hours (300+) to 40.

This information is provided as a guide only.

* OTC students are strongly encouraged to meet with their major specific MSU transfer advisor early in their OTC education to discuss the most appropriate OTC coursework for their intended MSU major, MSU degree requirements, etc.
* Students are required to fulfill MSU graduation and GPA requirements to receive a degree and should consult with their MSU advisor and the MSU undergraduate catalog for details, as there may exist pre-requisite requirements as well as periodicity limitations that could affect scheduling sequences.
* Please note that transfer students from Missouri public colleges and universities may follow the general education and general baccalaureate degree requirements in effect at Missouri State when they first enrolled (or re-enrolled after an absence of one calendar year or more) as degree-seeking students at the institutions from which they transferred (e.g., OTC).