



Transfer Institution:
 Madison College
Associate Degree Program:
 Fitness, Recreation and Wellness Management
Bachelor's Degree Program:
 Exercise Science
Academic Year: 2026-2027

GENERAL STUDIES COURSES *asterisk indicates preferred course for transfer.

WCTC			CARROLL		
COURSE NUMBER	COURSE TITLE	CREDIT	COURSE NUMBER	COURSE TITLE	CREDIT
106-100	Mindset for Success	3	ELE-000	Elective	3
801-195	Written Communication	3	ELE-000	Elective	3
804-123	Math with Business Applications	3	ELE-000	Elective	3
801-198	Speech	3	COM-101	Oral and Interpersonal Comm	3
809-196	Intro to Sociology	3	SOC-101	Introduction to Sociology	3
809-198 or 809-199 or 809-297	Introduction to Psychology Psychology of Human Relations Sport and Performance Psychology	3	PSY-101 ELE-000 ELE-000	Introductory Psychology Elective Elective	3
Total general studies credits earned:		18	Total general studies credits accepted:		18

CORE COURSES

WCTC			CARROLL		
COURSE NUMBER	COURSE TITLE	CREDIT	COURSE NUMBER	COURSE TITLE	CREDIT
104-114	Social Media Marketing	3	COM-125	Introduction to Social Media	3
106-168	Microsoft Office for Business Apps	3	ELE-000	Elective	3
109-106	Programming & Community Events in Fitness, Recreation & Wellness	3	ELE-000	Elective	3
109-121	Introduction to Fitness, Recreation & Wellness	3	PED-103	Philosophy, Principles & History of Physical Education/Athletics	3
109-127	Fitness, Recreation & Wellness Practice Lab	3	ELE-000	Elective	3
109-135	Leadership Strategies in Fitness, Recreation & Wellness	3	LEA-190	Leadership and Personal Effectiveness	3
109-155	Facility Management in Fitness, Recreation & Wellness	3	SPD-408	Sport Facilities & Event Management	3
109-159	Health and Wellness Coaching	3	PED-316	Creating a Healthy & Active Lifestyle	3
109-160	Diversity, Equity & Inclusion in Fitness, Recreation & Wellness	3	PED-411	Adapted Physical Education & Sport	3
109-173	Group Fitness & Small Group Coaching	3	ELE-000	Elective	3
109-176	Personal Training	3	ELE-000	Elective	3
109-181	Fitness, Recreation & Wellness Internship	3	ELE-000	Elective	3
109-197	Outdoor Experiential Facilitation	3	PED-214	Teaching Outdoor Activities in PE	3
109-297	Exercise Science for Fitness Prof.	3	ELE-000	Elective	3
109-299	Precision Nutrition Coaching	3	ESC-300	Nutrition & Health	3
140-333	Interdisciplinary Global Studies	3	ELE-000	Elective	3
Total core credits earned:		42	Total core credits accepted:		42
Total credits required for graduation:		60	Total transfer credits accepted:		60

ADDITIONAL COURSEWORK TO BE COMPLETED FOR B.S. DEGREE

CARROLL			
COURSE NUMBER	COURSE TITLE	CREDIT	PROGRAM NOTES
ESC-100	Introduction to Exercise Science	2	See Carroll University Catalog for Exercise Science and course descriptions: https://catalog.carrollu.edu/preview_program.php?catoid=15&poid=2147&returnto=382 Total credits required for graduation are based on a calculation of transfer credits accepted plus credits required to complete the B.S. degree.
ESC-280/280L	Exercise Physiology/Lab	4	
ESC-300	Nutrition & Health	0	
ESC-320/320L	Exercise Testing & Prescription/Lab	4	
ESC-322/322L	Kinesiology/Lab	4	
ESC-390/390L	Strength & Conditioning Theory/Lab	4	
ESC-420	Exercise Prescription for Special Pop	4	
ESC-460	Exercise Science Capstone	4	
ANP-130/130L	Human Anatomy and Physiology I	4	
ANP-140/140L	Human Anatomy and Physiology II	4	
CHE101/101L	General Chemistry/Lab	4	
CHE102/102L	Biological Chemistry/Lab	4	
CMP112	Computational Thinking I	4	
CMP114	Computational Thinking II	4	
Electives	Consult advisor, catalog; minor options	18	
Total credits required to complete degree:		68	
Total credits required for graduation:		128	

**GRADUATION REQUIREMENTS**

- Students must earn a minimum of 128 credits: with the final 32 credits completed at Carroll.
- Students must earn a minimum 2.0 cumulative GPA, a minimum 2.0 Carroll GPA and a minimum 2.0 major GPA.
- One-fourth of major requirements must be completed at Carroll.

GENERAL INFORMATION

- 72 credits may transfer from a two-year institution.
- Students with the A.A.S. in Fitness, Recreation and Wellness transfer with junior standing provided the degree includes appropriate program and grade requirements.
- Student earning the A.A.S degree will be exempt from the Carroll University Pio Core requirements. Degree must be posted to an official transcript.
- Due to changes in course content, transfer equivalences are subject to change.