



TWO DEGREES, ONE PATH

TRANSFER PATHWAY GUIDE 2025-2026

Associate in Science to Bachelor of Science in Exercise Science

Overview

Completion of the following curriculum will satisfy the requirements for an Associate in Science (AS) at Gateway Community and Technical College (GCTC) and leads to the Bachelor of Science (BS) in Exercise Science at Northern Kentucky University (NKU).

Applying to the Gateway2NKU Program

Students can apply to participate in the pathway program by completing the online application on the NKU transfer webpage. Students must be enrolled in at least six credit hours at Gateway CTC, enrolled in an associate degree program, plan to transfer to NKU, and maintain a minimum 2.0 cumulative GPA at Gateway CTC.

Degree Requirements for GCTC

1. Completion of minimum 60 credit hours
2. Minimum cumulative GPA 2.0
3. Minimum of 15 credit hours earned at the institution awarding the degree
4. Demonstration of digital literacy
5. College success requirement

Admission Requirements to NKU

Students completing an associate degree with a cumulative GPA of 2.0 or higher will be accepted into NKU.

Degree Requirements for NKU

To earn a bachelor's degree at NKU, students must:

1. Complete a minimum of 120 credit hours
2. Complete at least 25% of the credit hours at NKU
3. Complete the last 30 credit hours at NKU
4. Complete at least 45 credit hours numbered 300 or above
5. Minimum 2.0 GPA cumulative GPA across all major coursework
6. Meet all requirements for the major
7. Completion of a focus, minor, or second major (if required by the major).

General Transfer Information

Students must complete the online application to NKU. There is no application fee for students who are transferring from GCTC.

KCTCS Scholars Award: Students who are KY residents transferring directly from a KCTCS institution with at least 36 hours from that institution and minimum GPA of 3.0, were never enrolled as a degree-seeking student at NKU, and will be enrolled in at least 12 credit hours both fall and spring semester are eligible for a limited number of annual scholarships (fall and spring only). Students must gain admission to NKU by June 15 for fall and November 1 for spring to be eligible for a possible scholarship. Online accelerated programs are not eligible for the KCTCS Scholars Award.

Tuition and scholarship information specific to transfer students can be viewed on the NKU Adult & Transfer Center website.

GCTC AS TO NKU BS IN EXERCISE SCIENCE CHECKLIST

Gateway Community and Technical College

Category 1: GCTC General Education Core Requirements

GCTC Course	Course or Category	Credits	NKU Course	Completed
ENG 101	Writing I (WC)	3	ENG 101	
ENG 102	Writing II (WC)	3	ENG 102	
TBS XXX	Oral Communications (OC)	3	TBD XXX	
TBS XXX	Social Behavioral Sciences Course (SB)	3	TBD XXX	
TBS XXX	Social Behavioral Sciences Course (SB)	3	TBD XXX	
TBS XXX	Arts & Humanities (AH) – Heritage	3	TBD XXX	
TBS XXX	Arts & Humanities (AH) – Humanities	3	TBD XXX	
MAT 150**	College Algebra (QR)	3	(MAT 102 or MAT 103) + MAT 100T	
TBS XXX*	Quantitative Reasoning (QR)	3	TBS XXX	
BIO 137	Human Anatomy & Physiology I (SL)	4	BIO 208/L	
BIO 139	Human Anatomy & Physiology II (SL)	4	BIO 209/L	
	Subtotal General Education Core Courses	35		

TBS XXX means to be selected by GCTC student.

TBD XXX means to be determined by NKU based on course selected.

For Social and Behavioral Sciences courses, two disciplines must be represented and different from those in the Arts and Humanities category.

*STA 205 (GCTC STA 220) is needed for admission to Masters in Athletic Training programs.

**A grade of A or B in MAT 150 equates to MAT 103 + MAT 100T at NKU. A grade of C or D in MAT 150 equates to MAT 102 + MAT 100T. The MAT 150 and STA 220 sequence is recommended to fulfill prerequisites for Chemistry and Physics at Gateway.

Category 2: GCTC AA Requirements

GCTC Course	Course or Category	Credits	NKU Course	Completed
CHE 130 and CHE 135	Introductory General & Biological Chemistry and Lab	4	CHE 115/115L	
PHY 151/161 or PHY 171	Introductory Physics & Lab or Applied Physics	4	PHY 110	
	Subtotal AA Requirement Courses	8		

Category 3: GCTC Electives

GCTC Course	Course or Category	Credits	NKU Course	Completed
CIT 105 or OST 105*	Introduction to Computers or Introduction to Information Systems	3	INF 101	

GCTC Course	Course or Category	Credits	NKU Course	Completed
FYE 105 or FYE 110*	Achieving Academic Success or First Year Experience or Applications	3	UNV 100T	
NFS 101	Human Nutrition and Wellness	3	BIO 126	
Taken at NKU	Introduction to Physical Education, Fitness, and Sport	3	KIN 125	
Taken at NKU	Concepts of Lifetime Fitness	2	KIN 200	
Taken at NKU	Introduction to Strength and Conditioning	3	KIN 260	
Taken at NKU	Basic Recognition and Care of Athletic Injuries	3	KIN 280	
	Subtotal Elective Courses	17		
	Total Associate Degree Hours	60		

*If completing digital literacy using other means (like FYE 110), additional credits will be required in order to fulfill elective requirements.

Northern Kentucky University

Category 4: NKU Major Requirements for BS in Exercise Science

NKU Course	Course	Credits	GCTC Course	Taken at GCTC
KIN 125	Introduction to Physical Education, Fitness & Sport	3	Taken at NKU	X
KIN 200	Concepts of Lifetime Fitness	2	Taken at NKU	X
KIN 260	Introduction to Strength and Conditioning	3	Taken at NKU	X
KIN 280	Basic Recognition & Care of Athletic Injuries	3	Taken at NKU option	X
KIN 313	Computer Applications for Health & Kinesiology	2		
KIN 295	Anatomical Kinesiology	3		
KIN 325	Motor Development, Learning & Control	3		
KIN 325L	Motor Development, Learning & Control Lab	1		
KIN 340	Exercise Physiology	3		
KIN 340L	Exercise Physiology Lab	1		
KIN 349	Exercise Prescription	3		
KIN 360	Statistics & Measurement in Kinesiology	3		
KIN 370	Biomechanics	3		
KIN 380	Clinical Exercise Physiology	3		
KIN 450	Organization & Administration of Kinesiology and Athletics	3		
KIN 481	Nutrition for Sport and Exercise	3		
KIN 483	Advanced Strength and Conditioning	3		
KIN 498	Research, Trends, and Issues in Exercise Science	3		
TBS XXX	6 KIN credit hours 300 level or above	6		

NKU Course	Course	Credits	GCTC Course	Taken at GCTC
TBS XXX	Select 300/400/500 level KIN, PHE, HEA, or ATP courses	6		
BIO 126	Human Nutrition	3	NFS 101	X
BIO 208	Human Anatomy & Physiology I	4	BIO 137 or MSG 100	X
BIO 208L	Human Anatomy & Physiology I Lab	0	BIO 137	X
BIO 209	Human Anatomy & Physiology II	4	BIO 139 or MSG 110	X
BIO 209L	Human Anatomy & Physiology II Lab	0	BIO 139 or MSG 110	X
CHE 115	Physiological Chemistry	3	CHE 130	X
CHE 115L	Physiological Chemistry Lab	1	CHE 135	X
PHY 110	Introduction to Physics with Lab	4	PHY 151/161 or PHY 171	X
	Subtotal Major Credit Hours at NKU	49		
	Subtotal Credit Hours at GCTC	60		
	Total Major Credit Hours	84		

Category 5: Additional Requirements at NKU

NKU Course	Course	Credits	GCTC Course	Taken at GCTC
	Subtotal Elective Hours	41		
	Total Baccalaureate Degree Credit Hours	120		

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