

ARTICULATION AGREEMENT  
University of Wisconsin-La Crosse (UWL)  
College of Science and Health (CSH)  
and Western Technical College (Western)

Effective Date: November 1, 2022

Western Associate of Arts (AA) Degree

UWL Bachelor of Science Degree: **Exercise and Sport Science (ESS): Exercise Science Fitness Track**

**Purpose:**

This articulation agreement provides the opportunity for Western students who are in the AA program to be awarded the following equivalent credits upon entry to UWL with a declared major in ESS: Exercise Science Fitness Track.

**Transfer Courses:**

**Associate of Arts and UWL General Education**

A completed Western Associate of Arts (AA) degree will satisfy the UWL General Education requirements.

**Associate of Arts and UWL ESS: Exercise Science Fitness Track major**

Western students are advised to include the following courses in their AA degree work that fulfill requirements and/or prerequisites in the ESS: Exercise Science Fitness Track major (see TABLE 1). A grade of "C" or better is required for credit in the major.

TABLE 1	
Western Associate of Arts	UWL Equivalent
20-806-234 General Biology (4)	BIO 105 General Biology (GE05) (4)
20-809-212 Principles of Microeconomics (3)	ECO 110 Microeconomics and Public Policy (GE06) (3)
<b>Two options for completing Anatomy and Physiology *</b>	
10-806-177 General Anatomy and Physiology (4)	ESS 205 Human A&P for Exercise Science I (3)
10-806-179 Advanced Anatomy and Physiology (4)	ESS 206 Human A&P for Exercise Science II (3)
<b>or</b>	
<b>**</b> 20-806-207 Anatomy and Physiology I (4)	BIO 312 Human Anatomy and Physiology I (GE05) (4)
<b>and</b> 20-806-208 Anatomy and Physiology II (4)	<b>and</b> BIO 313 Human Anatomy and Physiology I (GE05) (4)
20-806-207 transferred <b>without</b> 20-806-208	BIO000A Biology Elective (4)
20-807-266 Wellness Today (3)	HPR 105 Healthy Active Lifestyle (GE09) (3)
<sup>^</sup> 20-807-200 Fitness Fundamentals (1)	ESS 100 Physical Activities (1)
<sup>^</sup> 20-807-202 Total Fitness (1)	ESS 100 Physical Activities (1)
10-104-114 Marketing Principles (3)	#MKT000L Marketing Elective (lower division)

\* Completion of the anatomy and physiology sequence at Western is recommended for optimal degree progress at UWL. Transferring with an earned AA degree, without a completed anatomy and physiology sequence, could make the first semester of fulltime enrollment at UWL difficult to attain.

\*\*The UWL Biology Department transfer policy requires students to complete both 20-806-207 and 20-806-208 for equivalent credit in BIO 312 Human Anatomy and Physiology I and BIO 313 Human Anatomy and Physiology II.

<sup>^</sup>Course fulfills AA program elective.

#May substitute for MKT 309 Principles of Marketing in ESS: Exercise Science Fitness Major only; not applicable to UWL CBA majors/minors.

**Remaining requirements for UWL ESS: Exercise Science Fitness Track major**

Table 2 contains the list of remaining UWL ESS-Exercise Science: Fitness Track major courses. The number of remaining, required courses depends on which specific electives are completed with the AA degree. A grade of "C" or better is required for credit in the major.

<b>TABLE 2</b>	
Exercise Science Core and ESS: Exercise Sci Fitness Track courses	
Total = 65 credits	
Physical Activities (4)	ESS 355 Methods of Exercise Leadership (3) **
ESS 201 Safety, First Aid and CPR (1) *	ESS 368 Strength Training Tech and Prog (3)
ESS 207 Human Motor Behavior (3)	ESS 403 Adv Str Training Apps. & Techniques (2)
ESS 281 Prevent and Care of Athletic Injuries (2)	ESS 411 Str & Cond Educator Training (2)
ESS 302 Physiology of Exercise (3)	ESS 443 Fitness Across the Lifespan (3) **
ESS 303 Biomechanics (3)	ESS 447 Administration of Fitness and Sport (3) **
ESS 309 Strength and Conditioning Methods (2)	ESS 446 Current Research and Trends in Ex Sci (3) **
ESS 323 Nutrition and Sport (3)	ESS 449 Seminar in Fitness/Sport Management (1) **
ESS 328 Field Experience in Exercise Science (3) **	ESS 450 ESS Internship (12) **
ESS 344 Intro to Fitness Assessment (3) **	CST 260 Professional Communication (3) or ENG 307 Writing for Mgt, PR, the Professions (3)

\* Credit by Exam Option based on 1) valid certification and 2) satisfactory score on ESS 201 written, final examination

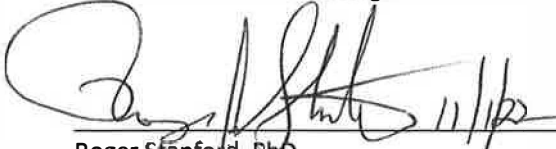
\*\* Must be admitted to the ESS: Exercise Science Fitness Track program to take these classes.

**Considerations:**

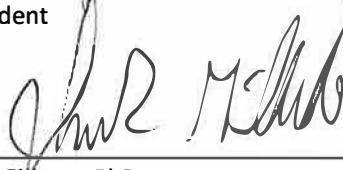
1. Students must successfully complete all CSH, ESS: Science Fitness Track, and UWL degree requirements as listed in the UWL catalog.
2. Completion of anatomy and physiology sequence at Western is recommended for optimal registration options at UWL.
3. After transferring to UWL, students must apply to the ESS: Exercise Science Fitness Track major.
4. Admission to the ESS: Exercise Science Fitness Track program is competitive and meeting minimum application requirements does not guarantee admission.
5. Prior to transferring, students and their advisors are encouraged to review the application requirements found on the UWL ESS Department website and in the UWL Undergraduate Catalog. During the period of their enrollment at Western, prospective transfer students are advised to regularly contact the UWL CSH Academic Services Director and/or Academic Advising Center advisors.
6. This agreement is subject to review every three years from the effective date and if Western or UWL undergoes curriculum revision.
7. The agreement shall be effective on November 1, 2022, and shall automatically renew on every November 1, for an additional year, unless terminated with a two-year written notice.

Signatures:

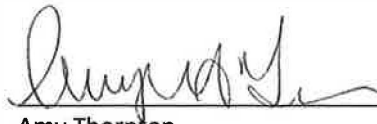
**Western Technical College**

  
\_\_\_\_\_  
Roger Stanford, PhD  
President

Date

  
\_\_\_\_\_  
John Gillette, PhD  
Dean of General Studies

Date

  
\_\_\_\_\_  
Amy Thornton  
interim Vice President of Academic Affairs

Date

**University of Wisconsin-La Crosse**

  
\_\_\_\_\_  
Joe Gow, PhD  
Chancellor


Date

  
\_\_\_\_\_  
Betsy Morgan, PhD  
Provost and Vice Chancellor of Academic Affairs

Date

  
\_\_\_\_\_  
Ju Kim, PhD  
Dean, College of Science and Health

Date

  
\_\_\_\_\_  
Sandra Grunwald, PhD  
Associate Vice Chancellor of Academic Affairs

Date