TWO DEGREES, ONE PATH

TRANSFER PATHWAY GUIDE
2024-2025

Associate of Arts and Personal Fitness Trainer Certificate To Bachelor of Arts in Physical Education and Health with Teaching Certification

Overview

Completion of the following curriculum will satisfy the requirements for the Associate of Arts (AA) degree as well as the Personal Trainer Certificate at Cincinnati State (CState) and leads to the Bachelor of Arts (BA) in Physical Education and Health with Teaching Certification degree at Northern Kentucky University (NKU).

Applying to the CState2NKU 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 Cincinnati State, enrolled in an associate degree program, plan to transfer to NKU, and maintain a minimum 2.0 cumulative GPA at Cincinnati State.

Degree Requirements for Cincinnati State

Associate of Arts Degree

1) Completion of minimum 62 credit hours, 36 of which from approved Ohio Transfer 36 courses, 2) minimum cumulative GPA 2.0, 3) completion of an FYE course as part of the first 12 credit hours taken at Cincinnati State, and 4) completion of Cooperative Education.

Personal Fitness Trainer Certificate

Completion of minimum of 29 credits as outlines in the certificate curriculum with a minimum cumulative GPA 2.0

Note: where possible, courses that fulfill requirements for both the degree and the certificate have been included in the pathway to avoid unnecessary duplication of credit accumulation.

Admission Requirements for NKU

Students completing an associate degree with a cumulative GPA of 2.0 or higher will be

accepted into NKU.

Students wishing to enroll in the elementary education program must follow the admission guidelines for teacher education programs outlined by the College of Education. (Courses in parentheses are Cincinnati State course equivalents)

- A minimum overall GPA of 2.75
- A minimum grade of "B" in CMST 101 (COMM 110) and ENG 102 (ENG 102/103)
- A minimum grade of "C" in all other pre-admission courses and required EDU and EDS courses, which include EDU 300 (EDU 210), EDU 305 (EDU 105), EDU 313 (EDU 110), EDU 316, and EDS 360 (EDU 200).
- Meet the entrance exam requirement through an approved combination of passing scores on the ACT and/or Praxis I Core Academic Skills for Educators exams
    - ACT Comp. 22 -OR-
    - Reading (ACT: 20 -or- Praxis I: 156) and
    - Eng./Writing (ACT: 18 -or- Praxis I: 162) and
    - Mathematics (ACT: 19 -or- Praxis I: 150)

  ACT scores must be less than 5 years old at time of admissions semester
- Pass criminal background check
- 60 semester hours completed
- An acceptable portfolio
- A completed application to the Teacher Education program

Degree Requirements for NKU

To earn a bachelor's degree at NKU, students must complete a minimum of 120 credit hours with at least 45 credit hours numbered 300 and above. In addition, at least 25% of the credit hours required for the degree and the last 30 credit hours must be completed at NKU. Students must have a minimum GPA of 2.0 for courses that count towards the major as well as an overall GPA of 2.0. Students must complete a focus or minor as indicated on the pathway.

Advising Note

Students in the CState2NKU program should work closely with their advisors when choosing courses. This document serves as a guide but does not replace academic advising. When choosing Cincinnati State courses, student may also consult the Associate of Arts advising brochure or the catalog for A and B list courses in Arts and Humanities or Social and Behavioral Sciences.

CINCINNATI STATE AA TO NKU BA IN PHYSICAL EDUCATION AND HEALTH WITH TEACHING CERTIFICATION CHECKLIST

Cincinnati State

Category 1: Ohio Transfer 36 Requirements

CState Course	Course or Category	Credits	NKU Course	Completed
ENG 101	English Composition 1	3	ENG 101	
ENG 102 or ENG 103 or ENG 104 or ENG 105	English Composition 2: Contemporary Issues English Composition 2: Writing about Literature English Composition 2: Technical Communication English Composition 2:Business Communication	3	ENG 102 or ENG 200G	
COMM 110	Public Speaking	3	CMST 101	
TBS XXX	Arts/Humanities List A Elective	3	TBD XXX	
TBS XXX	Arts/Humanities List B Elective	3	TBD XXX	
TBS XXX	Social/Behavioral Science List A Elective	3	TBD XXX	
PSY 110	Introduction to Psychology	3	PSY 100	
TBS XXX	Mathematics Elective	3	TBD XXX	
EVS 110	Environmental Science: Conservation and Cleanup	4	ENV 110	
TBS XXX	Natural/Physical Science Elective 1	3	TBD XXX	
TBS XXX	Ohio Transfer 36 Elective 1	3	TBD XXX	
TBS XXX	Ohio Transfer 36 Elective 2	3	TBD XXX	
	Subtotal General Education Core	**37**		

TBS XXX means to be selected by Cincinnati State student
TBD XXX means to be determined by NKU based on course selected at Cincinnati State

Category 2: CState Degree Requirements for the AA

CState Course	Course or Category	Credits	NKU Course	Completed
FYE 1XX	First Year Experience Elective	1	UNV 100T	
HUM 190	Career Exploration Seminar: Associate of Arts and Sciences	2	CEP 101	
EXS 182	Co-op/Internship Requirement (fulfilled by completing EXS 182 for Certificate Completion)	2	KIN 200T	
HUM XXX	Co-op/Internship Elective 2	1	CEP 300	
BIO 117 BIO 127	Human Body in Health and Disease with Lab	4	BIO 121 BIO 121L	
EDU 105	Introduction to Education	3	EDU 305	
EDU 210	Learning in Childhood	3	EDU 300	
EXS XXX	Remaining credit hours earned through completion of courses in PFTC grid below	9		
	Total Associate Degree Credit Hours	**62**		

Category 3: CState Certificate Requirements for the Personal Fitness Trainer Certificate (PFTC)

CState Course	Course or Category	Credits	NKU Course	Completed
EMS 100	CPR and First Aid for the Health Care Professional	1	HEA 135	
EXS 130	Foundations of Health and Wellness Programs	3	HEA 230	
EXS 151	Principles of Exercise Assessment and Prescription	3	EXS 151 + EXS 152 = KIN 260 + KIN 200T	
EXS 152	Exercise Programming	3	EXS 151 + EXS 152 = KIN 260 + KIN 200T	
EXS 255	Anatomical Kinesiology	3	KIN 295	
DT 120	Nutrition for a Healthy Lifestyle	3	BIO 126	
EXS 156	Establishing a Personal Training Business	3	KIN 200T	
EXS 182	Personal Fitness Trainer Practicum (also satisfies Co-op requirement in Associate of Arts Degree)	2	KIN 200T	
PE 132	Resistance and Cardiorespiratory Training	1	PHE 100T	
	Total Certificate Credit Hours	**22**		

Northern Kentucky University

Category 4: NKU Major Requirements for the BA in Physical Education and Health with Teaching Certification

NKU Course	Course	Credits	CState Course	Taken at CState
BIO 121/121L	Diseases and the Systems They Affect with Lab	4	BIO 117/ BIO 127	x
EDS 322	Instructional Planning for Inclusive Elementary Classrooms	3		
EDU 104	Orientation: Education Profession/Program	1		
EDU 300	Human Growth and Development	3	EDU 210	x
EDU 304 or EDU 530	Reading and Writing Across the Curriculum: Middle Grades or Reading in Middle and Secondary Schools	1.5-3		
EDU 305	Introduction to Education	2	EDU 105	x
EDU 311	Admission Field Experience Secondary	2		
EDU 496	Clinical Experience Secondary	12		
ENV 110	Introduction to Environmental Science and Issues	3	EVS 110	x

NKU Course	Course	Credits	CState Course	Taken at CState
HEA 125	Foundations of Health Ed & Promotion	3		
HEA 230	Personal Health and Wellness	3	EXS 130	x
HEA 320	Drug and Alcohol Education	3		
HEA 350	Sexuality Education	3		
HEA 370	Community Health	3		
HEA 489	Field Experiences in Health Education	2		
HPE 425	Teaching Methods in Health and Physical Education	3		
KIN 125	Introduction to Physical Education, Fitness and Sport	3		
KIN 260	Introduction to Strength and Conditioning	3	EXS 151 + EXS 152	x
KIN 280	Basic Recognition and Care of Athletic Injuries	3		
KIN 295	Anatomical Kinesiology	3	EXS 255	x
KIN 313	Computer Applications for Health and Kinesiology	2		
KIN 325/325L	Motor Development, Learning and Control with Lab	4		
KIN 360	Statistics and Measurement in Kinesiology	3		
PHE 231	Dance and Rhythmic Activities	2		
PHE 325	Adapted Physical Education	3		
PHE 333	Motor Skill and Fitness Activities for Children	3		
PHE 334	Team Sports	2		
PHE 335	Individual and Dual Sports	2		
PHE 490	Field Experiences in Elementary Physical Education	2		
PHE 491	Field Experiences in Middle School and Secondary Physical Education	2		
PSY 100	Introduction to Psychology	3	PSY 110	x
	Subtotal Major Credit Hours at NKU	**69**		
	Subtotal Major Credit Hours at CState	**24**		
	Total Major Credit Hours	**93**		
	Total Baccalaureate Degree Credit Hours	**153**		

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