

Articulation Agreement
Between Oakland University and Delta College
For an Associate of Applied Science in Health Fitness Specialist to a Bachelor of
Science in Exercise Science

Effective October 1, 2024 - September 30, 2029

- **Complete the Associate of Applied Science in Health Fitness Specialist (62 credits)** at Delta College. Recommended course options:
 - LW 222 The Science of Nutrition and Exercise
 - PSY 211W Introduction to Psychology
 - BIO 152W AND BIO 153W (both courses must be completed to satisfy major requirement)
- **Complete MTA** . It is highly recommended that students complete MTA before transferring to OU. This may require additional credits. MTA course suggestions can be found below. Course required to complete MTA outside the major:
 - 2 course in Humanities (must be from 2 different subject areas)
 - 1 course in Math (see below for suggested courses)
 - 1 course in Natural Science (outside of BIO, see below for suggested courses)
- **Additional courses that can be completed at Delta, outside the Associates that apply to OU Exercise Science major.** Suggestions include (can also be included in MTA):
 - BIO 171 Introduction to Molecular & Cellular Biology - 4cr
 - CHM 111 General Chemistry I - 5cr
 - MTH 151 Pre-Calculus Mathematics - 5cr OR MTH 121 Plane Trigonometry - 4cr + 122W College Algebra - 4cr OR MTH 161 Analytic Geometry & Calculus I - 4cr
 - MTH 208W Elementary Statistics - 3cr, 208AW Elementary Statistics Extended Hours - 3cr, 209W Statistics - 4cr or 209AW Statistics Extended Hours - 4cr
 - PHY 111 General Physics I - 4cr

It is recommended that you work with a Delta Student Success Advisor to select courses for transfer, **a maximum of 78 credits will transfer** into the BS in Exercise Science at Oakland University.

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- **Upon completion of the agreement students will be waived from the following courses at Oakland University:**
 - EXS 1000 Exercise (Strength Training and Health Enhancement)
 - EXS 2410 Nutrition for Exercise, Sport and Health
 - EXS 2700 Safety and First Aid in Exercise Setting
 - EXS 3010 Exercise Physiology
 - PSY 1000 Introduction to Psychology

- 13 Exercise Science Elective Credits
- University General Education (with completion of MTA)
 - Capstone & Writing Intensive in Major are required to be completed at OU.

- **Complete remaining coursework at OU as described below:**

- Natural Science Courses (minimum 26 credits)

- BIO 1200 Biology I - 4cr (if not completed at Delta)
- CHM 1440 General Chemistry I - 4cr and CHM 1470 General Chemistry Lab - 1cr (if not completed at Delta)
- MTH 1441 Precalculus - 4cr, MTH 1554 Calculus - 4cr or MTH 131 College Algebra - 4cr + MTH 1332 Trigonometry - 3 cr (if not completed at Delta)
- PHY 1010 General Physics - 4cr or PHY 1510 Introductory Physics - 4cr (if not completed at Delta)
- PHY 1100 General Physics Lab - 1cr (if not completed at Delta)
- PSY 2500 Research Design in Psychology - 4cr
- STA 2220 Introduction to Statistical Concepts and Reasoning (if not completed at Delta) - 4cr

- Exercise and Health Science Courses (21 credits)

- EXS 2200 Introduction to Exercise Science - 2cr
- EXS 3020 Biomechanics - 3cr
- EXS 3030 Motor Control - 3cr
- EXS 4030 Assessment and Interventions Lab - 3cr
- EXS 4715 Integrated Lab in Exercise Science - 3cr
- EXS 4960 Practicum in Exercise Science - 3cr or EXS 4995 Directed Research - 3cr
- HS 2000 Introduction to Health and Health Behaviors - 3cr and HS 2050 Introduction to Health and Health Behaviors Lab - 1cr

- Major Elective Credits (varies based on transfer courses)

- Additional minimum 14 credits may be required to meet the 32 minimum upper division course requirement at OU (3000/4000). These courses will need to be in EXS. Students will work with an OU Health Science advisor to select appropriate courses.

Notes:

- Students who complete Michigan Transfer Agreement (MTA) allows you to satisfy OU's general education requirements (with the exception of a writing intensive course in the major and a capstone course, and you must either transfer in a course for the knowledge applications requirement or take a course at OU). To fulfill the MTA, you must successfully complete at least 30 credits, with at least a C or 2.0 grade in each course.

- When transferring MTA, you must also satisfy the Knowledge Applications category listed in the [Delta General Education](#) transfer guide.
- Students who choose not to complete the MTA will be required to complete any outstanding General Education requirements upon transferring to OU.
- Students must complete 32 credits of upper division courses (3000/4000) level
- Oakland University has a 30-credit residency requirement required for graduation. Students may need to take additional credits to meet this requirement.
- Students pursuing a degree in Exercise Science must complete a minimum of 123 credits.