

ADVANCE

A NOVA | GEORGE MASON PARTNERSHIP



A.S. Health Sciences/B.S. Kinesiology
2026-2027

A.S. Health Sciences

ADVANCE Program Milestones

ADVANCE Milestone Requirements: All ADVANCE students must adhere to the following requirements. For Milestones #1-#3, failure to meet these milestones will prevent a student from matriculating to George Mason University and/or result in termination from ADVANCE. For Milestones #4-#7, failure to meet these milestones may delay matriculation to George Mason.

- Students must graduate with the NOVA degree aligned with their ADVANCE academic pathway within 4 years of being admitted into ADVANCE. Students must ensure they are enrolled in the matching degree.
- Students must maintain a minimum 2.5 cumulative GPA at NOVA and must have a minimum 2.5 GPA upon matriculation to George Mason.
- Students who wish to enroll at George Mason for the fall semester must apply for NOVA spring graduation by March 1 or summer graduation by June 1. Students who wish to enroll at George Mason for the spring semester must apply for NOVA fall graduation by October 1.
- Students must begin developmental coursework no later than the first semester in ADVANCE at NOVA.
- Students must take first college-level MTH course and ENG 111 in the semester immediately following the completion of any MDE or EDE courses (excluding summer).
- In the first 30 credits, students must complete ENG 111 and ENG 112 with a C or better.
- Students must complete a college level math course with a C or better no later than one semester before NOVA graduation. Refer to your pathway to select the appropriate MTH course(s).

	NOVA DEGREE REQUIREMENT	Credits	Courses	GEORGE MASON TRANSFER EQUIVALENT	GEORGE MASON CORE/DEGREE EQUIVALENT
1	SDV Course	1	SDV 100 College Success Skills OR SDV 101 Orientation to Healthcare	UNIV 100	General Elective
2	ENG 111	3	ENG 111 College Composition I	ENGH XXX	General Elective
3	BIO 101 or BIO 141	4	BIO 141 Human Anatomy and Physiology I	BIOL 124	Major
4	MTH 154 or MTH 161 or higher	3	Allied Health Concentration: MTH 161 Precalculus I	MATH 103T	Quantitative
			No Concentration and Strength and Conditioning Concentration: MTH 154 Quantitative Reasoning	MATH 106	
5	PSY 200 or PSYC 230	3	Allied Health Concentration: PSY 200 Principles of Psychology	PSYC 100	Major & Soc/Behav
			No Concentration and Strength and Conditioning Concentration: PSY 200 Principles of Psychology OR PSY 230 Developmental Psychology	PSYC 100 PYSC 211	
6	HLT 143 or HIM 111	3	HLT 143 Medical Terminology OR HIM 111 Medical Terminology	ATEP 201	Major or General Elective
7	BIO 102 or BIO 142	4	BIO 142 Human Anatomy and Physiology II	BIOL 125	Major
8	ENG 112	3	ENG 112 College Composition II	ENGH 101	Written Comm
9	Transfer Elective #1	3	ITE 152 Intro to Digital and Information Literacy & Computer Application	IT 104	Info Tech
10	CST Course	3	CST 100 Introduction to Public Speaking OR CST 110 Introduction to Human Communication	COMM 100 COMM 101	Oral Comm
11	MTH 245 or higher	3	MTH 245 Statistics I	STAT 250	Major
12	Humanities/Fine Arts #1	3	ENG 225 Reading Literature: Culture and Ideas OR ENG 245 British Literature OR ENG 246 American Literature OR	ENGH 202 or FRLN L330 (ENG 255 only)	Literature
			ENG 255 World Literature OR ENG 258 African American Literature OR ENG 275 Women in Literature OR Any 200-Level ENG Literature course ¹		

13	Social/Behavioral Sciences	3	Allied Health Concentration: PSY 230 Developmental Psychology No Concentration and Strength and Conditioning Concentration: ECO 201 Principles of Macroeconomics OR ECO 202 Principles of Microeconomics OR GEO 210 People and the Land: An Introduction to Cultural Geography OR HIS 121 United States History to 1877 OR HIS 122 United States History Since 1865 OR PLS 135 U.S. Government and Politics OR PSY 200 Principles of Psychology OR PSY 230 Developmental Psychology OR SOC 200 Introduction to Sociology OR SOC 211 Cultural Anthropology	PSYC 211 ECON 104 ECON 103 GGS 103 HIST 121 HIST 122 GOVT 103 PSYC 100 PSYC 211 SOCI 101 ANTH 114	Major or General Elective
14	Transfer Elective #2	3-4	Allied Health Science Concentration: PHY 201 General College Physics I Strength and Conditioning Concentration: KINE 250 Endurance Sport Program Design No Concentration: BIO 102 General Biology II OR HLT 110 Personal and Community Health OR ECO 150 Economic Essentials: Theory & Application OR HIS 111 World Civilizations Pre-1500 CE OR HIS 203 History of African Civilizations OR HIS 231 Introduction to Latin American History OR HIS 254 History of Modern East Asian Civilizations OR PHI 100 Intro to Philosophy OR REL 100 Intro to the Study of Religion OR SOC 211 Cultural Anthropology OR SOC 266 Race & Ethnicity OR SOC 268 Social Problems	PHYS 243/244 KINE 250 BIOL 102 HEAL 110 ECON 100 HIST L387T HIST 261 HIST 272 HIST 252 PHIL 100T RELI 100 ANTH 114 SOCI L308 SOCI L352	Major or General Elective
15	Transfer Elective #3	3	HLT 206 Introduction to Kinesiology	KINE 100	Major
16	HIS Elective	3	HIS 101 Western Civilizations Pre-1600 CE OR HIS 102 Western Civilizations Post-1600 CE OR HIS 112 World Civilizations Post-1500 CE (<i>recommended</i>)	HIST 101T HIST 102T HIST 125	Global History
17	Humanities/Fine Arts #2	3	ART 100 Art Appreciation OR ART 101 History of Art: Prehistoric to Gothic OR ART 102 History of Art: Renaissance to Modern OR CST 130 Introduction to Theatre OR CST 151 Film Appreciation I OR MUS 121 Music in Society	ARTH 101 ARTH 200 ARTH 201 THR 101 ENGH L372 MUSI 101	Arts
18	Science Course	4	BIO 101 General Biology I	BIOL 103/105	Major & Nat Science
19	Transfer Elective #4	3	HLT 230 Principles of Nutrition	KINE 295	Major
20	Transfer Elective #5 (This elective is not needed if selections for all other requirements total 60 credits or more)	3	CST 229 Intercultural Communication OR ECO 150 Economic Essentials: Theory & Application OR HIS 111 World Civilizations Pre-1500 CE OR HIS 203 History of African Civilizations OR HIS 231 Introduction to Latin American History OR HIS 254 History of Modern East Asian Civilizations OR HLT 110 Personal and Community Health OR PHI 100 Intro to Philosophy OR PHI 227 Bio-Medical Ethics OR PSY 240 Health Psychology OR REL 100 Intro to the Study of Religion SOC 211 Cultural Anthropology OR SOC 266 Race & Ethnicity OR SOC 268 Social Problems	COMM L305 ECON 100 HIST L387T HIST 261 HIST 272 HIST 252 HLT 110 PHIL 100T PHIL L309 PSYC ---- RELI 100 ANTH 114 SOCI L308 SOCI L352	General Elective
A. S. HEALTH SCIENCE DEGREE		61-62			
TOTAL					
For academic policies and procedures, please see NOVA catalog - http://www.nvcc.edu/catalog/index.html					

B.S. Kinesiology

Concentrations: Allied Health Sciences, No Concentration, Strength and Conditioning

GEORGE MASON DEGREE REQUIREMENT	Credits	Course	GEORGE MASON CORE/DEGREE EQUIVALENT
21 Gen Ed: Written Communication (Upper-level)	3	ENGH 302 Advanced Composition	Written Comm
22 Major Core	2	ATEP 120 First Aid and Emergency Care	Major
23 Major Core	3	ATEP 300 Functional Anatomy	Major
24 Major Core	3	KINE 200 Methods of Exercise Instruction	Major
25 Major Core	3	KINE 260 Behavior Modification for Physical Activity	Major
26 Major Core	3	KINE 310 Exercise Physiology I	Major
27 Major Core	3	KINE 340 Exercise Testing and Evaluation	Major
28 Major Core	3	KINE 341 Kinesiology Practicum	Major
29 Major Core	3	KINE 350 Exercise Prescription and Programming	Major
30 Major Core	3	KINE 355 Introduction to Biomechanics	Major
31 Major Core	3	KINE 404 Motor Control Theory and Application	Major
32 Major Core	3	KINE 450 Research Methods	Writing Intensive
33 Concentration Requirement	3	No Concentration: Upper Level General Elective (See: Advisor) Allied Health Sciences Concentration: KINE 410 Exercise Physiology II Strength and Conditioning Concentration: KINE 360 Strength Training: Concepts and Applications	Major
34 Concentration requirement	3	No Concentration: Upper Level General Elective (See: Advisor) Allied Health Sciences Concentration: ATEP or KINE course 300-level or higher ² Strength and Conditioning Concentration: KINE 361 Advanced Resistance Training Techniques	Major
35 Concentration Requirement or General Electives	3	No Concentration and Allied Health Sciences Concentration: General Elective (See: Advisor) Strength and Conditioning Concentration: KINE 405 Health and Fitness Facility Admin & Management	Major
36 Concentration Requirement or General Electives	3	No Concentration and Allied Health Sciences Concentration: General Electives (Upper-level, See: Advisor) Strength and Conditioning Concentration: KINE 409 Strength and Conditioning	Major
37 Concentration Requirement or General Electives	3	No Concentration and Allied Health Sciences Concentration: General Electives (Upper-level, See: Advisor) Strength and Conditioning Concentration: KINE 420 Sport and Exercise Nutrition	Major
38 Concentration Requirement	3	No Concentration and Allied Health Sciences Concentration: General Elective (See: Advisor) Strength and Conditioning Concentration: SPMT 320 Psychology of Sport	Major or General Elective
39 Gen Ed: Apex/Major Core	6-9	KINE 490 Kinesiology Internship ³	Apex
B.S. KINESIOLOGY DEGREE TOTAL	120-121		

Important Academic Information:

¹200-level ENG literature classes include: ENG 225, ENG 230, ENG 236, ENG 237, ENG 245, ENG 246, ENG 250, ENG 255, ENG 256, ENG 257, ENG 258, ENG 271, ENG 275, and ENG 279.

²For approved ATEP or KINE courses, please visit: <https://catalog.gmu.edu/colleges-schools/education-human-development/school-kinesiology/kinesiology-bs/#requirements>

³Allied Health, Strength and Conditioning, and No Concentration students may complete either 6 or 9 credits for KINE 490.

General Education Waiver Policy and Guidance:

- Students who complete a VCCS transfer associate degree (AS, AA, or AFA) will receive a waiver of the Foundation and Exploration (lower division) Mason Core general education categories, which can be found here: <https://catalog.gmu.edu/mason-core/> . To be eligible for the waiver, the students must provide the George Mason Office of Admissions with a final, official transcript reflecting the degree conferral date. As a prerequisite for ENGH 302, ENGH 101 is not waived. Students must complete ENGH 100 or ENGH 101, or an equivalent, with a C or higher.
- When a course fulfills a Mason Core requirement **and** a major or college requirement (e.g. Major & Quant), students must complete the course listed on the pathway to fulfill the major/college requirement. Courses that fulfill only Mason Core Foundation and Exploration categories are recommendations. In most pathways, ADVANCE students must complete a Quantitative Reasoning course to matriculate through ADVANCE.
- ADVANCE students must complete the associate degree indicated on their pathway (see the ADVANCE Program Milestones listed above). Students who withdraw from ADVANCE and transfer without the associate degree or UCGS are required to complete each Mason Core general education category.

Additional General Notes & Resources:

- Kinesiology Students are required to maintain a minimum cumulative GPA of 2.5 each semester and to receive a grade of C or better in all Professional Sequence courses as well as STAT 250 Introductory Statistics I (Mason Core) or EDRS 220 Introduction to Applied Quantitative Analysis (Mason Core) . Failure to do so will result in probation or termination from the Kinesiology program.
- Students in the Allied Health Sciences and Strength and Conditioning concentrations must maintain at least a cumulative GPA of 3.0 and earn a C or better in their Professional Sequence and concentration coursework. Failure to do so will result in termination from the concentration.
- All students completing a Bachelor of Science in Kinesiology degree are required to complete 3-credit practicum during their junior year and a 6 to 9 credit capstone internship during their graduating semester. Students must have earned 90 credit hours and met the specific prerequisites to be eligible for the internship (KINE 490 Kinesiology Internship).
- For academic policies and procedures, please see the George Mason catalog - <https://catalog.gmu.edu/policies/>
- Students seeking a bachelor's degree must apply at least 45 credits of upper-level courses (numbered 300 or above) toward graduation.