

**NATIONAL LOUIS UNIVERSITY  
TRANSFER GUIDE**

**AAS in Health Fitness Education (Instruction Option) to BS in Health Care Leadership  
(2019/2020 Catalog)**

National Louis University  
Office of Admissions  
1000 Capitol Drive  
Wheeling, IL 60090-7201  
847-465-0575  
[www.nl.edu](http://www.nl.edu)

Contact: Wendy Gaeding; 847-947-5037, [wgaeding@nl.edu](mailto:wgaeding@nl.edu)

**Transfer guides are produced as a service to MCC students. Every effort is made to maintain up-to-date and accurate information; however, this information is subject to change. Such changes take precedence over the information on this guide. Students should work with an MCC advisor and the four-year transfer school. Responsibility for complying with all applicable requirements ultimately rests with the student.**

National Louis University's (NLU) BS in Health Care Leadership is a baccalaureate program designed to prepare students to work and lead in a wide range of health care settings: general medical and surgical hospitals, outpatient clinics, assisted living facilities, rehabilitation centers and physicians' offices, as well as health care education, risk management, medical supply and device marketing. The program can be completed through online or campus delivery (Chicago campus). NLU is accredited by The Higher Learning Commission and a member of the North Central Association.

**Transfer Options** – This transfer guide is for students who are completing the Associate in Applied Science (AAS) degree in Health Fitness Education (Instruction Option).

**Application and Admission**

- **Application and admission** – For detailed information, please review the following website: <http://www.nl.edu/t4/admissions/undergraduateadmissions>
- **Application deadlines** - rolling admission (there is no set application deadline)
- **Application fee** – no fee for students applying online

**Additional Information**

- **Scholarship information** – <http://www.nl.edu/t4/financialaid/typesofaid/scholarships/>
- **GPA calculation for admission** - NLU has open admission.
- **Grade requirements** - D grades are not accepted in transfer.
- **Maximum hours from a community college** – 90 semester hours; a minimum of 30 semester hours (45 quarter hours) must be completed at NLU
- **Life Experience Credit** - A portfolio assessment program is available to students who have significant prior learning through career achievements, individual study, or volunteer work.
- **Tuition for 2019/20 Academic Year (Adult Completion Program)** – \$430 per quarter hour

## Education Plan – AAS in Health Fitness Education (Instruction Option) to BS in Health Care Leadership

The following plan shows recommended courses toward NLU's BS in Health Care Leadership degree. The grade of C or better must be earned in all coursework.

| General Education   | Credits | AAS in Health Fitness Education (Instruction Option)   |  |
|---|---------|--|--|
| <b>Communications</b><br>2 courses  | 6       | _____ ENG 151 Composition I<br>_____ SPE 151 Intro to Speech   |  |
| <b>Humanities &amp; Fine Arts</b><br>1 course   | 3       | _____ PHI 151 Intro to Philosophy<br><b>or</b><br>_____ PHI 251 Intro to Ethics  |  |
| <b>Math, Physical or Life Science</b><br>1 course<br><br>Recommended: BIO157 or 263   | 4       | _____ Life Science<br>Select 1 course from list below:<br>BIO 110 Intro to Human Biology<br>BIO 157 Fundamentals Biology<br>BIO 255 Microbiology<br>BIO 263 Anatomy & Physiology I   |  |
| <b>Social and Behavioral Sciences</b><br>1 course   | 3       | _____ Social & Behavioral Sciences<br>Select 1 course from list below:<br>ANT 151 Intro to Anthropology<br>ANT 170 Intro to Cultural Anthropology<br>SOC 151 Intro to Sociology<br>SOC 251 Social Problems   |  |
| <b>Total MCC Gen. Ed. Credits</b>   | 16      |  |  |
| <b>AAS in Health Fitness Education Program Requirements</b>   |         |  |  |
| <b>Program Core</b>   | 33      | _____(1) HFE 121 Strength Training I<br>_____(3) HFE 150 Cont Health Issues<br><b>or</b><br>_____(3) HFE 255 Stress Management<br>_____(2) HFE 151 First Aid & CPR<br>_____(2) HFE 170 Fitness Professions<br>_____(3) HFE 171 Exercise Science I<br>_____(2) HFE 175 Grp Fitness Exer Princ<br>_____(2) HFE 176 Strength Conditioning Principles<br>_____(3) HFE 250 Nutrition for Wellness<br>_____(3) HFE 251 Drugs in Cont Society<br>_____(3) HFE 270 Exercise Testing & Prog Design<br>_____(3) HFE 271 Exercise Science II<br>_____(2) HFE 278 Application of Fitness Instruction<br>_____(1-2) HFE 279 HFE Fitness Instruction<br>_____(3) PSY 151 Intro to Psychology                         |  |
| <b>Health-Fitness Instruction Option</b><br>14 credit hours<br><br>Following will satisfy NLU gen.ed: BIO 263; PSY250, 251<br><br>Maximum of 3, 1 credit activity classes | 14      | _____(4) BIO 263 Human Anatomy & Physiology I<br>_____(3) BUS 110 Business Career Skills<br>_____(3) CDM 110 Computer Literacy<br>_____(1) HFE 103 Karate/Self-Defense I<br>_____(1) HFE 105 Yoga I<br>_____(1) HFE 120 Physical Fitness<br>_____(3) HFE 152 Women's Health Issues<br>_____(3) HFE 161 Personal Fitness<br>_____(2) HFE 202 Lifeguard Training<br>_____(1) HFE 221 Strength Training II<br>_____(3) HFE 252 Issues in Family Violence<br>_____(3) HFE260 Exercise Psych & Motivation<br>_____(3) HFE280 Health Coaching<br>_____(1-3) HFE 290 Topics in HFE<br>_____(3) MKT 130 Professional Selling<br>_____(3) PSY 250 Human Dev Over Life Span<br>_____(3) PSY 251 Child Psychology |  |
| <b>Total Credits</b>  | 63      |  |  |

The following chart shows

- NLU general education requirements
- Courses you completed in the AAS degree that satisfy NLU general education requirements
- Additional courses you can take at MCC to complete NLU’s general education and free electives

| National Louis General Education Requirements and MCC Equivalent Courses<br>(40 semester hours required)   | Courses completed through MCC’s AAS degree  | Additional MCC courses to complete NLU General Education Requirements<br>(Select from far left column)   |
|--|---|--|
| <b>Communication</b><br><i>minimum 2 courses (6 credits)</i><br>ENG151-; SPE151  | 2 courses (6 credits)<br>ENG151 & SPE151  | Requirement satisfied  |
| <b>Humanities</b><br><i>minimum 1 course (3 credits)</i><br>ENG 240, 251, 253, 254, 255, 256, 260, 261, 270, 271, 272, 275, 276,277; PHI151, 155, 160, 240, 251, 261, 262; Foreign Lang 252<br><br><b>Fine Arts</b><br><i>minimum 1 course (3 credits)</i><br>ART150, 151, 155, 165, 171, 172, 174, 175; JRN 180; MUS 151, 153, 154, 171, 172; THE 151 | 1 course (3 credits)<br>PHI151 or 251   | Select 1 Fine Arts course – (3 credits)  |
| <b>Quantitative Reasoning</b><br><i>minimum 1 course (3 credits)</i><br>MAT 120 or 220   |   | Select 1 course - (minimum 3 credits)<br>MAT 120 or 220  |
| <b>Physical and Life Sciences</b><br><i>minimum 1 course (3 credits)</i><br>BIO 110, 130, 137, 157, 158; CHM 115, 164, 165; EAS 120, 170, 171, 180, 185; GEG 107, 123, 220/221; GEL 105, 110; HRT103; PHY280, 291  | 1 course (4 credits)<br>BIO110 or 157 or 255 or 263   | Requirement satisfied  |
| <b>Social Sciences</b><br><i>minimum 1 course (3 credits)</i><br>ANT151, 155, 160, 170; ECO150, 251, 252; GEG202, 203, 204; HIS131, 132, 165, 170, 172; PLT150, 151, 155, 251, 255; SOC151, 175, 251, 260, 261   | 1 course (3 credits)<br>ANT151 or ANT170 or SOC151 or SOC251  | Requirement satisfied  |
| <b>Behavioral Sciences</b><br><i>minimum 1 course (3 credits)</i><br>PSY151, 250, 251, 255, 260, 265   | 1 course (3 credits)<br>PSY151  | Requirement satisfied  |
| <b>General Education Electives</b>   | <b>Instruction Option Electives –</b><br>The following apply toward NLU General Education <ul style="list-style-type: none"> <li>• BIO263 (4 credits)</li> <li>• PSY250 (3 credits)</li> <li>• PSY251 (3 credits)</li> </ul> If you select 1 or more of these 3 courses, you will reduce the number of additional credits needed beyond the AAS degree to satisfy NLU’s General Education requirements. | Select 5-15 credits from courses listed in the far left column of this chart.<br><br><b>Total additional credits depend on courses you chose for the Instruction Option Electives in the AAS degree and the Quantitative Reasoning course.</b> NLU’s General Education requirements must total a minimum of 40 semester hours. |
| <b>Total NLU General Education – 40 semester hours</b>   | 19-29 credits   | 11-21 credits  |

**Free Electives (0-7 credits)**

Select from 100 and 200 level MCC coursework.

A total of 81 credits can apply toward the BS in Health Care Leadership: 60-63 credits from the AAS in Health Fitness and Education; 18-21 additional credits. Work closely with an MCC and NLU academic advisor to ensure you are taking appropriate courses and the number of credits that will transfer.

## National Louis University

### Bachelor of Science in Health Care Leadership

With successful completion (C or better) of all MCC coursework recommended on this transfer guide, students complete the following NLU courses to satisfy the BS in Health Care Leadership degree.

| <b>Course #</b> | <b>Course Title</b>   | <b>Quarter Hours</b>                           |
|-----------------|---|--|
| HCL301          | Overview of Health Care Delivery                            | 5  |
| HCL311          | Professional Writing and Presentation Skills in Health Care | 5  |
| HCL316          | Team Development in Health Care                             | 5  |
| HCL320          | Educational Delivery and Assessment in Health Care          | 5  |
| HCL350          | Quality Analysis and Improvement                            | 2  |
| PJM300          | Overview of Project Management                              | 2  |
| HCL326          | Critical Thinking in Health Care                            | 5  |
| HCL410          | Principles of Health Care Supervision and Human Resources   | 5  |
| HCL416          | Financial and Physical Resource Administration              | 5  |
| HCL421          | Ethical and Legal Issues in Health Care                     | 5  |
| HCL426          | Health Care Information Systems                             | 5  |
| HCL431          | Marketing of Health Care Services                           | 5  |
| HCL499          | Strategic Analysis and Planning in Health Care              | 5  |
| <b>Total:</b>   |   | <b>59 Quarter Hours</b><br>(39 semester Hours) |

|                                  |   | <b>SH</b>  | <b>QH</b>   |
|----------------------------------|---|------------|-------------|
| <b>McHenry County College</b>    | Associate in Applied Science (AAS) in Health Fitness Ed | 60 - 63    | 90.0 - 94.5 |
| <b>McHenry County College</b>    | Courses to be taken in additional to AAS degree         | 18 -21     | 27.0 - 33.0 |
| <b>National Louis University</b> | Courses to be taken at National Louis University        | 39         | 59.0        |
| <b>Total</b>                     |   | <b>120</b> | <b>180</b>  |