

**Institute for Integrative Nutrition Health Coach Training Program and Immersion Program
to Excelsior College Bachelor of Science in Liberal Arts**
Revision: March 2020

This program plan outlines how students can transfer from the **Institute for Integrative Nutrition Health Coach Training Program and Immersion** program to the **Excelsior College BS Liberal Arts** program. Upon completion of the **Institute for Integrative Nutrition program**, the following credits will apply for students enrolling in the **BS Liberal Arts** program.

Institute for Integrative Nutrition Credits	Semester Hours	Excelsior College Requirements	Semester Hours
Health and Nutrition	6	Applied Professional Elective	6
Wellness	3	Applied Professional Elective	3
Wellness Practicum	1	Applied Professional Elective	1
Contemporary Health	3	Applied Professional Elective	3
Wellness Coaching	6	Applied Professional Elective	6
Small Business Management	3	Applied Professional Elective	3
Interpersonal Communication	3	Humanities Requirement	3
Coaching and Interviewing	4	Applied Professional Elective	4
Advanced Business Core (Formerly Immersion Program):			
Professional Selling	3	Applied Professional Elective (UL)	3
Market Communication	3	Applied Professional Elective (UL)	3
Coaching and Interviewing	3	Applied Professional Elective (UL)	3
Marketing Practicum	2	Applied Professional Elective (UL)	2
Total Credits Required for Associate	40	Total Credits Accepted from Associate	40

*(UL) denotes upper level course

Credits To Be Taken At Excelsior *	
Excelsior College Requirements	Semester Hours
Information Literacy (MUST be completed with Excelsior)	1
IND 101: Cornerstone A (Foundations) OR IND 301: Cornerstone B (Pathways) (MUST be completed with Excelsior)	3
Written English	6
Humanities	3
Ethics	3
Social Sciences	9
Math/Natural Sciences	9
Arts and Sciences Electives (18.00 UL)	21
Applied Professional Electives	22
Liberal Arts Capstone	3
<i>NOTE: The Capstone MUST be completed at Excelsior</i>	
Total Additional Credits	80

* The above credits (with the exception of the **Capstone** course) may also be transferred in or taken at another 4-year regionally accredited institution.

Evaluation Summary	Semester Hours
Credits Accepted from Associate Degree	40
Credits from Excelsior *	80
Total Credits Required for Bachelor's Degree	120

* Students are required to take a minimum of **12.00 online course credits** from Excelsior to qualify for partner pricing.

NOTE: Excelsior College reviews every student individually and this guide is just a sample scenario. Actual requirements will be dependent on the courses a student transfers to Excelsior.

What are Arts and Sciences?

We offer the following definitions to help you make these determinations. Remember, however, that before you pay to take a course or examination you should always consult with your advisor to make sure that it will help meet your degree requirements.

Humanities

Humanities subjects focus on developing knowledge and skills in critical reading, logical thought, and esthetic appreciation. Here are some subject areas typically classified as Humanities:

Art, Philosophy, Music, Foreign Language, Literature, Theater, Ethics, Speech, Religion, Communication

Social Sciences and History

Social Sciences and History subjects focus on individuals and society and the processes individuals use to order their world. Here are some subject areas typically classified as Social Sciences and History:

Psychology, Economics, Sociology, Geography, Political Science, History, Anthropology

Natural Sciences and Mathematics

Natural Sciences and Mathematics subjects focus on understanding the natural world and problem-solving processes. Here are some subject areas typically classified as Natural Sciences and Mathematics:

Anatomy and Physiology, College Algebra, Microbiology, Calculus, Chemistry, Genetics, Biology, Physics