Transfer Planning Sheet – Physical Education (PEM)

The following Cortland courses are recommended by the department to complete prior to transfer. The transfer credit limit from a 2-year college is 64 credits.

You can choose to add the Adapted Physical Education concentration to this program.
- To view all required courses for the program and Cortland’s General Education courses, see the most current undergraduate Catalog.
- Students currently on SUNY campuses should consult their academic advisor for additional choices in general education categories when any course is recommended.
- Use the transfer equivalency tables to choose equivalents at your transfer college.

**SUNY General Education/Cortland Degree Requirements (24-25 cr):**

1. Any GE 2 Natural Science course (3-4 cr)
2. GE 4 U.S. History & Society: HIS 200 The United States to 1877 **OR** HIS 201 The United States since 1877 (3 cr)
3. Any GE 6 Contrasting Cultures/Other World Civilization course (3 cr)
4. Any GE 7 Humanities course (3 cr)
5. Any GE 8 The Arts course (3 cr)
6. A foreign language course at the beginning level I (101).
   Sign language is acceptable as a foreign language for this major. (3 cr)
7. CPN 100 Writing Studies I (3 cr)
8. CPN 101 Writing Studies II (3 cr)

**Major Requirements (32 cr):**

1. PSY 101 Introductory Psychology (3 cr)
2. PSY 332 Educational Psychology (3 cr)
3. BIO 301 Human Anatomy and Physiology I (3 cr)
4. BIO 302 Human Anatomy and Physiology II (3 cr)
5. EXS 197 History and Philosophy of Physical Education and Sport (3 cr)
6. EXS 397 Exercise Physiology I (3 cr)
7. HLH 110 Personal and Community Health (3 cr)
8. HLH 120 Responding to Emergencies (2 cr)
9. PED 180 Team Sport Methods *(football/softball/basketball/volleyball)* (1 cr)
10. PED 181 Adventure Activities (1 cr)
11. PED 189 Aquatics (1 cr)
12. PED 282 Health Related Physical Fitness (1 cr)
13. PED 283 Racquet Activities *(tennis/badminton/racquetball/pickleball)* (1 cr)
14. PED 385 Gymnastics Activities (1 cr)
15. PED 388 Rhythms and Dance (1 cr)
16. EXS 345 Sport and Society **OR** EXS 346 Sport Psychology **OR** EXS 367 Exercise Psychology **OR** EXS 410 Ethics in Sport (3 cr)

**Electives (6-7 cr): Total: 64**