

Transfer Planning Sheet – Exercise Science (EXSC)

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.

- 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 cr):

Course I will complete at my current college:

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| <ol style="list-style-type: none"> 1. GE 4 U.S. History & Society: HIS 200 The United States to 1877 OR HIS 201 The United States since 1877 (3 cr) 2. Any GE 5 Western Civilizations course (3 cr) 3. Any GE 6 Other World Civilizations/Contrasting Cultures 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) (3 cr)
Sign language is acceptable as a foreign language for this major. 7. CPN 100 Writing Studies I (3 cr) 8. CPN 101 Writing Studies II (3 cr) | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
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Major Requirements (36-37 cr):

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| <ol style="list-style-type: none"> 1. EXS 100 Introduction to Kinesiology (3 cr) 2. BIO 301 Human Anatomy and Physiology I (3 cr) 3. BIO 302 Human Anatomy and Physiology II (3 cr) 4. CHE 221 General Chemistry I (4 cr) (will also fulfill GE 2 Natural Science) 5. CHE 222 General Chemistry II (4 cr) 6. MAT 121 Calculus A (3 cr) OR MAT 135 Calculus I (4 cr)
(will also fulfill GE 1 Quantitative Skills) 7. MAT 201 Statistical Methods (3 cr) 8. COM 210 Fundamentals of Public Speaking (3 cr) 9. PSY 101 Introductory Psychology (3 cr) 10. PHY 105 Elementary Mechanics and Heat (4 cr) OR PHY 201 Principles of Physics I (4 cr) 11. Three (3) one-credit physical education activity courses (3 cr)
(courses on charts with PED prefixes are ok; see Catalog for additional course options in dance or recreation) | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
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Elective (3-4 cr)

Total: 64