Herkimer College – Transfer Advisement Guide
A.S. Recreation Leadership to Transfer to
SUNY Cortland B.S. Recreation
2017

Herkimer College Curriculum	Credits	SUNY CORTLAND EQUIVALENT/RECOMMENDATIONS
First Semester		
EN 111 English 1- College Writing	3	CPN 100 Writing Studies I
FS 100 First Year Student Seminar	1	GEN 1XX General Elective
HE 128 First Aid and CPR: Responding to Emergencies	2	HLH 120 Responding to Emergencies * Note: students need to be current in First Aid, CPR and AED certification through their final internship at Cortland. Students should be prepared to re-certify prior to Cortland internship requirement.
HE 130 Wellness	3	HLH 1XX Wellness
PE 160 Intro to Recreation	3	REC 271 Foundations of Recreation
Mathematics Selective	3	Consult your advisor and choose a SUNY General Education (GE 1) approved course
Physical Education Majors Activity	1	PE Elective
Second Semester		
EN 112 English II: Intro to Literature	3	CPN 101 Writing Studies II
RC 101 Personal Training	3	EXS 1XX Exercise Science elective
SC 117 Nutrition	3	HLH 323 Foods and Nutrition
SS 161 Intro to Sociology or SS 151 Intro to Psychology	3	SOC 150 Intro to Sociology OR PSY 101 Intro to Psychology
Western Civilization Selective	3	Consult your advisor and choose a SUNY General Education (GE 5) approved course
Physical Education Majors Activity	1	PE Elective
Third Semester		
PE 148 Adventure Curriculum and Cooperative Activities	2	PED 181 Adventure Activities (1cr) and PED 1XX Physical Education elective (1cr)
RC 220 Leisure and Recreation Programming	3	REC 280 Programming in Parks, Recreation and Leisure Services
Mathematics Selective	3	Consult your advisor and choose a SUNY General Education (GE 1) approved course
American History Selective	3	Consult your advisor and choose a SUNY General Education (GE 4) approved course
Lab Science Selective	4	Consult your advisor and choose a SUNY General Education (GE 2) approved course
Fourth Semester		
EN 225 Public Speaking	3	COM 210 Fundamentals of Public Speaking
HE 121 Personal and Community Health	3	HLH 110 Personal and Community Health
PE 157 Adapted PE and Sport	3	PED 2XX Physical Education elective
RC 202 Therapeutic Recreation	3	REC 330 Intro to Therapeutic Recreation
Social Science General Education Selective	3	Recommend SS 172 Regional Geography = GRY 120 Human Geography
Physical Education Majors Activity	1	PE Elective
Total Credits:	63	