

SUNY Cortland
General Education and Degree Requirements for the
B.S. Degree in Exercise Science

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
GE 1: Quantitative Skills MAT 121 Calculus A or MAT 135 Calculus I	3-4	MATH 175 Calculus with Precalculus I	4
GE 2: Natural Sciences CHE 221 General Chemistry I	4		
GE 3: Social Sciences PSY 101 General Psychology I	3	PSYC 100 General Psychology	3
GE 4: American History	3	ANY SUNY GE 4	4
GE 6: Other World Civilization/Contrasting Cultures	3		
GE 7: Humanities	3	Any SUNY GE 7	3
GE 8: The Arts	3	Any SUNY GE 8	3
GE 9: Foreign Language	3		
GE 10: Basic Communications CPN 100 Writing Studies I AND CPN 101 Writing Studies II AND	3	ENGL 101 English Composition I	3
	3	ENGL 102 English Composition II	3
Presentation Skills COM 210 Fundamentals of Public Speaking	3	ENGL 125 Public Speaking	3
GE 11: Prejudice and Discrimination	3	Waived for Transfer Students with 50+ transfer credits	-----
GE 12: Science, Technology, Values & Society	3	Waived for Transfer Students with 50+ transfer credits	-----
Writing Intensive course	3	No equivalent allowed	-----
Writing Intensive course	3	No equivalent allowed --- will be fulfilled by one EXS course below	-----
	46-47		26
		Credits to complete at Cortland	16

Math and Science Requirements

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
MAT 121 Calculus A or MAT 135 Calculus I	3-4	MATH 175 Calculus with Precalculus I	Credits above
EXS 201 Statistics in Exercise Science	3		
BIO 301 Human Anatomy and Physiology I	3	BIOL 230 Anatomy & Physiology I	4
BIO 302 Human Anatomy and Physiology II	3	BIOL 234 Anatomy & Physiology II	4
CHE 221 General Chemistry I	4		
CHE 222 General Chemistry II	4		
Physics Sequence: either PHY 105 Elementary Mechanics and Heat AND PHY 106 Elementary Electricity, Light and Sound	4 4		
OR PHY 201 Principles of Physics I AND PHY 202 Principles of Physics II	4 4		
	28-29		8
		Credits to complete at Cortland	19

Exercise Science Theory Requirements

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
EXS 100 Introduction to Kinesiology	3	EXER 101 Introduction to Exercise Science	3
EXS 111 Computer Applications in Exercise Science	3		
EXS 250 Research Skills in Kinesiology	3		
EXS 287 Social Psychological Aspects of Physical Activity	3		
EXS 380 Motor Behavior	3		
EXS 310 Ethical Issues in Kinesiology	3		
EXS 346 – Sport Psychology OR EXS 367 – Exercise Psychology	3	PSYC 225 Sports Psychology	3
EXS 387 Biomechanics	3		
EXS 397 Exercise Physiology	3		
	27		6
		Credits to complete at Cortland	21

Exercise Science Electives

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
<i>Choose 4 courses from the following:</i>			
EXS 225 Digital Video for Kinesiology	3		
EXS 315 Anatomical Kinesiology	3		
EXS 325 Principles of Strength and Conditioning	3	EXER 100 Concepts in Exercise Training	3
EXS 356 Performance Enhancing Drugs in Sport	3		
EXS 357 Nutrition and Sport Performance	3	BIOL 127 Sport & Exercise Nutrition	3
EXS 435 Neuromuscular Fitness Assessment and Programming	3		
EXS 438 Cardio-Respiratory Fitness Assessment and Programming	3		
EXS 444 Laboratory Assistant in Exercise Science	3		

EXS 449 Advanced Motor Behavior	3		
EXS 465 Advanced Exercise Physiology	3		
EXS 477 Practicum in Kinesiology	3		
EXS 487 Advanced Biomechanics	3		
EXS 489 Exercise Science Research Methods	3		
EXS 490 Independent Research in Exercise Science	3		
	12		6
		Credits to complete at Cortland	6

Physical Education (PED) Activity courses

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
Choose 3 one-credit physical education activities			
	1	PED activity course	1
	1	PED activity course	1
	1	PED activity course	1
	3		3
		Credits to complete at Cortland	0

Electives

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
HLH 110 Personal and Community Health	3	HLTH 160 Personal & Community Health	3
ATR 101 Foundations of Athletic Training	3	PHED 280 Introduction to Sports Medicine	3
EXS 432 Exercise Prescription	3	EXER 110 Exercise for Special Populations	3
HLH 120 Responding to Emergencies	2	HLTH 152 First Aid	2
	17-18	Total Transfer Elective Credits	11
Credits Required for Graduation	124	Total Transfer Credits	60
		Total Credits to complete at Cortland	68