

**SUNY Cortland**  
**General Education and Degree Requirements for the**  
**B.S. Degree in Fitness Development**

**Transfer Courses from Westchester Community College: A.S. Health & Human  
Performance**

**General Education and Liberal Arts**

SUNY Cortland Course	Credit Hours	Westchester Community College Course	Credit Hours
GE 1: Quantitative Skills <b>MAT 201 (or equivalent): Statistical Methods</b>	3-4	<a href="#">MATH 140 Statistics</a>	4
GE 2: Natural Sciences	4	<a href="#">BIOL 121 Anatomy and Physiology I</a>	4
GE 3: Social Sciences <b>PSY 101 Introductory Psychology</b>	3	<a href="#">PSYCH 101 General Psychology</a>	3
GE 4: American History	3	<a href="#">Any SUNY approved GE 4</a>	3
GE 6: Other World Civilization/Contrasting Cultures	3	<a href="#">Any SUNY approved GE 6</a>	3
GE 7: Humanities	3		
GE 8: The Arts	3		
GE 9: Foreign Language	3		
GE 10: Basic Communications <b>CPN 100 Writing Studies I AND</b>	3	<a href="#">ENG 101 Writing and Research</a>	3
<b>CPN 101 Writing Studies II AND</b>	3	<a href="#">ENG 102 Writing and Literature</a>	3
	<b>30</b>		
Presentation Skills requirement	3	<a href="#">COMM 109 Speech Communication</a>	3
GE 11: Prejudice and Discrimination	3	Waived for Transfer Students with 35+ transfer credits	
GE 12: Science, Technology, Values & Society	3	Waived for Transfer Students with 35+ transfer credits	
Writing Intensive course	3	No equivalent allowed	
Writing Intensive course	3	No equivalent allowed --- will be fulfilled by one course below	
BIO 301 Human Anatomy and Physiology I	3	<a href="#">BIOL 121 Anatomy &amp; Physiology I</a>	Credits listed above
BIO 302 Human Anatomy and Physiology II	3	<a href="#">BIOL 123 Anatomy &amp; Physiology II</a>	4
CAP 100 Introduction to Computer Applications	3		
<b>Credits to complete at Cortland</b>	<b>15</b>		<b>29</b>

## A. Kinesiology Theory Core

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
EXS 100 Introduction to Kinesiology or EXS 197 History and Philosophy of PE and Sport	3		
EXS 287 Social Psychological Aspects of Physical Activity	3		
EXS 380 Motor Behavior	3		
EXS 351 Philosophy of Sport	3		
EXS 387 Biomechanics	3		
EXS 397 Exercise Physiology I	3	HHP 200 Exercise Physiology & lab	4
EXS 420 History of Physical Activity and Sport in American Culture	3		
	<b>21</b>		<b>4</b>
<b>Credits to complete at Cortland</b>	<b>18</b>		

## B. Fitness Development Theory Requirements

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
EXS 421 Athletic Injury Risk Management	3	HHP 140 Care and Prevention of Athletic Injuries	3
EXS 315 Anatomical Kinesiology	3	HHP 220 Kinesiology	3
EXS 325 Principles of Strength and Conditioning	3		
EXS 357 Nutrition and Sport Performance	3	NUTR 101 Nutrition	3
EXS 435 Neuromuscular Fitness Assessment and Programming	3		
EXS 438 Cardio-Respiratory Fitness Assessment and Programming	3		
HLH 120 Responding to Emergencies	2		
	<b>20</b>		
<b>Credits to complete at Cortland</b>	<b>11</b>		<b>9</b>

## C. Fitness Development Activity courses

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
EXS 151 Practical Strength and Conditioning	1	PEH 218 Exercise and Conditioning	1
<b>Select 1 course from the following:</b>			
EXS 156 Group Exercise Instruction	1		
EXS 180 Water Fitness	1		
PED 189 Aquatics	1	PEH 113 Swimming for Fitness	1
PED 282 Health Related Physical Fitness	1	PEH 110 Health and Fitness for Life	2
<b>Any One additional activity course</b>	1	PEH 104 Badminton - Tennis	1
	<b>3</b>		
<b>Credits to complete at Cortland</b>	<b>0</b>		<b>4</b>

### D. Practica/Internship Requirements

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
EXS 270 Foundations of Personal Training	3		
EXS 371 Pre-Internship Seminar in Fitness Development	1		
EXS 470 Application of Personal Training	2	<a href="#">HHP 101 Personal Training &amp; Internship</a>	4
EXS 471 Internship in Fitness Development	9-15		
	<b>15</b>		
<b>Credits to complete at Cortland</b>	<b>13</b>		<b>4</b>

### E. Electives

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
EXS 432 Exercise Prescription	3	<a href="#">HHP 130 Fitness Assessment and Prescription</a>	3
ATR 101 Foundations of Athletic Training	3	<a href="#">HHP 160 Principles of Athletic Training</a>	3
EXS 230 Foundations of Coaching	3	<a href="#">HHP 150 Foundations of Coaching</a>	3
EXS 1XX Elective	1	<a href="#">HHP 120 Trends in Fitness &amp; Human Performance</a>	1
PED 1XX Elective	1	<a href="#">PEH 158 Introduction to PE Activities or</a> <a href="#">PEH 216 Aerobic Exercise</a>	1
		<b>Total Transfer Elective Credits</b>	<b>11</b>
<b>Credits Required for Graduation</b>	<b>120</b>	<b>Total Transfer Credits</b>	<b>63</b>
<b>Total Credits to complete at Cortland</b>	<b>60</b>		