

## Transfer Planning Sheet (Tompkins Cortland Community College) Strength and Conditioning for Human Performance (SCHP), B.S.

The following SUNY Cortland courses are recommended by the department to complete prior to transfer. The transfer credit limit from a 2-year college is 64 credits. All classes are three (3) credits unless otherwise noted. [SUNY Transfer Path](#) courses are underlined and notated in blue. Transfer students who have completed SUNY General Education prior to attending SUNY Cortland will have met their General Education requirements at SUNY Cortland.

### SUNY General Education/Cortland Degree Requirements (27 credits)

- Communication 1 (GEC1)\*  
CPN 100 Writing Studies I
- Communication 2 (GEC2)\*  
CPN 101 Writing Studies II
- Communication – Presentation (GEC3)\*
- Diversity: Equity, Inclusion & Social Justice (GEDI)\*
- Humanities (GEHU)
- The Arts (GEAR)
- US History & Civic Engagement (GEUS)
- World History & Global Awareness (GEWH)
- World Languages (GEWL)\*\*

### Courses I will complete at TC3:

ENGL 100

ENGL 101

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**\*Indicates required SUNY General Education Category**

**\*\*A foreign language course at the beginning level I (101) is required for this major. Sign language is acceptable as a foreign language for this major.**

### Major Requirements (33 credits):

- |   |   |
|---|---|
| ○ <u>BIO 301 Human Anatomy and Physiology I (4 cr)</u>                          | ^BIOL 131 OR 201 (or BIO 206 at Cortland) |
| ○ <u>BIO 302 Human Anatomy and Physiology II (4 cr)</u>                         | ^BIOL 132 OR 202 (or BIO 206 at Cortland) |
| ○ BIO 111 Principles of Biology II (will also fulfill GE Natural Sciences*)     | BIOL 102 OR BIOL 105                      |
| ○ MAT 201 Statistical Methods (will also fulfill GE Mathematics*)               | MATH 200                                  |
| ○ EXS 100 Intro to Kinesiology  | RECR 112                                  |
| ○ EXS 270 Foundations of Personal Training                                      | RECR 230                                  |
| ○ EXS 397 Exercise Physiology I   | RECR 232                                  |
| ○ <u>PSY 101 Introductory Psychology (will also fulfill GE Social Sciences)</u> | PSYC 103                                  |
| ○ CAP 100 Intro to Computer Applications  | Must take all 3 - CAPS 111, 121, 131      |
| ○ HLH 120 Responding to Emergencies (2 cr)                                      | HLTH 205                                  |
| ○ PED 189 Aquatics (1 cr)   | FITN 101                                  |

^BIOL 201 and 202 is the recommended sequence, but Cortland will accept BIOL 131 or 132 to meet the requirement.

### Electives (4 credits)

Total: 64

## Strength and Conditioning for Human Performance

### School of Professional Studies

The program requirements pertain to the Undergraduate Catalog and are intended as a guide for academic planning. Students currently on SUNY campuses should consult their academic advisor for additional choices in general education categories when any course is recommended.

- To view all required courses for the program and Cortland's General Education courses, see the most current undergraduate [Catalog](#).
- Use the [transfer equivalency tables](#) to choose equivalents at your transfer college.
- If you plan to transfer before you complete your associate's degree, you can still earn your degree via [Reverse Transfer](#).

### About Fitness Development

If you want to pursue a career in a health or fitness setting, you'll need a theoretical and practical knowledge base to meet your goals. A concentrated course program provides essential theoretical information. You'll apply this knowledge through an internship experience in exercise, wellness, health promotion, corporate fitness, cardiac rehabilitation, commercial fitness or other related areas.

### Career Potential

- Corporate wellness specialist
- Community wellness program director
- Strength and conditioning coach
- Worksite fitness/wellness center director
- Health coach/personal trainer
- Cardiac/pulmonary rehabilitation
- Chiropractic medicine

### What Will I Learn?

- You'll be in a flexible, broad-based program that combines major courses with a number of electives.
- Courses emphasize current research as well as its practical application.
- You'll take core courses in exercise science along with classes in other disciplines such as:
  - Physical education
  - Health
  - Social sciences
  - Applied sciences

### Applying to Cortland

- SUNY Cortland accepts the Common Application and the SUNY Online [application](#). Choose just one way to apply; both require a \$50 non-refundable application fee.
- If you apply to Cortland using the SUNY application, SUNY will waive the \$50 application fee for transfer students graduating with an associate degree from a SUNY or CUNY college, who apply directly to Cortland for baccalaureate programs.
- Fall applicants should apply by March 1. Spring applications should apply by November 1.
- After [applying](#), students must send transcripts from all colleges attended and a high school transcript.