

## Transfer Planning Sheet Fitness Development (FIT)

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. All classes are three (3) credits unless otherwise noted. [SUNY Transfer Path](#) courses are underlined and notated in blue.

SUNY General Education/Cortland Degree Requirements (21 credits):

1. GE 4 U.S. History & Society: HIS 200 The United States to 1877 **OR**  
HIS 201 The United States since 1877
2. Any GE 6 Contrasting Cultures/Other World Civilization
3. Any GE 7 Humanities
4. Any GE 8 The Arts
5. Any GE 9 Foreign Language\*\*
6. CPN 100 Writing Studies I
7. CPN 101 Writing Studies II

Course I will complete at my current college:

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Major Requirements (36-37 credits):

1. BIO 301 Human Anatomy and Physiology I
2. BIO 302 Human Anatomy and Physiology II
3. MAT 201 Statistical Methods (will also fulfill GE 1 Quantitative Skills)
4. EXS 100 Intro to Kinesiology **OR**  
EXS 197 History and Philosophy of Physical Education and Sport
5. PSY 101 Introductory Psychology
6. CAP 100 Intro to Computer Applications
7. HLH 120 Responding to Emergencies (2 cr)
8. HLH 210 Wellness and Health Promotion
9. HLH 301 Stress Management
10. MGT 250 Principles of Management
11. PED 189 Aquatics (1 cr)
12. PED 282 Health-Related Physical Fitness (1 cr)

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Electives (6-7 credits)

Total: 64

\*\*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.

## Fitness Development

### 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.