

## Transfer Planning Sheet (SUNY Broome) Fitness Development (FIT)

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)

Course I will complete at my current college:

- |   |         |
|---|---------|
| ○ Communication 1 (GEC1)*<br>CPN 100 Writing Studies I  | ENG 110 |
| ○ Communication 2 (GEC2)*<br>CPN 101 Writing Studies II | ENG 111 |
| ○ Communication – Presentation (GEC2)*                  | _____   |
| ○ Diversity: Equity, Inclusion & Social Justice (GEDI)* | _____   |
| ○ Humanities (GEHU)                                     | _____   |
| ○ The Arts (GEAR)                                       | _____   |
| ○ US History & Civic Engagement (GEUS)                  | _____   |
| ○ World History & Global Awareness (GEWH)               | _____   |
| ○ World Languages (GEWL)**                              | _____   |

\*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 (25 credits):

- |   |                |
|---|----------------|
| ○ BIO 301 Human Anatomy and Physiology I (4 cr)                             | BIO 131        |
| ○ BIO 302 Human Anatomy and Physiology II (4 cr)                            | BIO 132        |
| ○ BIO 111 Principles of Biology II (will also fulfill GE Natural Sciences*) | BIO 112        |
| ○ MAT 201 Statistical Methods (will also fulfill GE Mathematics*)           | MAT 124        |
| ○ EXS 197 History and Philosophy of Physical Education and Sport            | PED 160        |
| ○ PSY 101 Introductory Psychology (will also fulfill GE Social Sciences)    | PSY 110        |
| ○ CAP 100 Intro to Computer Applications                                    | CST 105        |
| ○ PED 282 Health-Related Physical Fitness (1 cr)                            | PED 118 OR 119 |

### Electives (12 credits)

FIT Elective Options

- |                        |         |
|------------------------|---------|
| ○ EXS 387 Biomechanics | PTA 201 |
|------------------------|---------|

Total: 64

# 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.