

## Transfer Planning Sheet Exercise Science (EXSC)

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. EXS 100 Introduction to Kinesiology
2. BIO 301 Human Anatomy and Physiology I
3. BIO 302 Human Anatomy and Physiology II
4. CHE 227 and 277 General Chemistry I with lab (4 cr)
5. CHE 228 and 278 General Chemistry II with lab (4 cr)
6. MAT 121 Calculus A **OR** MAT 135 Calculus I (4 cr)  
(will also fulfill GE 1 Quantitative Skills)
7. MAT 201 Statistical Methods
8. COM 210 Fundamentals of Public Speaking
9. PSY 101 Introductory Psychology (will also fulfill GE 3 Social Science)
10. PHY 105 Elementary Mechanics and Heat (4 cr) **OR**  
PHY 201 Principles of Physics I (4 cr) (will also fulfill GE 2 Natural Science)
11. Three (3) one-credit physical education activity courses (3 cr)  
(courses on charts with PED prefixes are ok; see Catalog for additional course options in dance or recreation)

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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.

## Exercise Science

### 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 Exercise Science

If you get a rush from organized sports or feel proud when you work out with teammates and help one another succeed, then check out exercise science. Your course of study will prepare you to rigorously apply the scientific method of discovery, analysis and research to a wide range of areas associated with human movement. Learn how and why the human body responds to physical activity.

## Career Potential

- Physical therapy
- Occupational therapy
- Chiropractic medicine
- Cardiac/pulmonary rehabilitation
- Exercise science research
- Nutrition
- Clinical technician
- Sport Equipment Sales
- Pharmaceutical or medical equipment sales
- Fitness management

## What Will I Learn?

- You'll be in a flexible, broad-based program that combines major courses with a number of electives.
- Classes emphasize current research as well as its practical application.
- Core courses in exercise science are combined with classes in other disciplines such as chemistry, physics, mathematics and general sciences, social sciences, and 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.