

Transfer Planning Sheet (Tompkins Cortland Community College) Coaching (CCH), 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. 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 (33-34 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)*
- Mathematics (GEMA)*
- Natural Sciences (GENS)* (3-4 cr)
- 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 (28 credits):

- BIO 301 Human Anatomy and Physiology I (4 cr)
- BIO 302 Human Anatomy and Physiology II (4 cr)
- EXS 100 Intro to Kinesiology
- EXS 397 Exercise Physiology I
- PSY 101 Introductory Psychology (will also fulfill GE Social Sciences)
- PSY 333 Developmental Psychology
- CAP 100 Intro to Computer Applications
- HLH 120 Responding to Emergencies (2 cr)
- PED 189 Aquatics (1 cr)
- Two (2) one-credit physical education activity courses (2 cr)
(courses on charts as PED 1XX electives are acceptable)

^BIOL 131 OR **201** (or BIO 206 @ Cortland)

^BIOL 132 OR **202** (or BIO 206 @ Cortland)

RECR 112 (Spring only)

RECR 232 (Spring only)

PSYC 103

PSYC 263 (Spring only)

Must do all 3 – CAPS 111, 121, 131

HLTH 205

FITN 101 OR 102

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

Electives (2-3 credits)

Total: 64

Coaching

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 Coaching

Coaching's key attributes are strong teaching skills, motivation to work hard and excellent communication. At SUNY Cortland, you'll hone your ability to teach athletic skills, learn how to provide generalized fitness training and encourage athletes to excel in physical and competitive environments. Athletes and coaches motivate each other to perform at higher levels; their relationship demands commitment, awareness and dedication.

Career Potential

- Professional and collegiate sports
- Secondary and intermediate schools
- Occupational settings

What Will I Learn?

- Use your knowledge of physiology, nutrition and corrective techniques to help players improve their game
- Help motivate players to reach their goals
- Develop personal relationships with players
- Plan and oversee practices
- Instruct groups or individuals in the basics of sports
- Demonstrate techniques
- Find and recruit potential athletes, often arranging athletic scholarships
- Negotiate contracts with pro athletes and their representatives

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.