

Transfer Planning Sheet (Tompkins Cortland Community College) Exercise Science (EXSC), 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 (24 credits)

Courses I will complete at TC3:

- | | |
|---------------------------------------------------------|----------|
| ○ Communication 1 (GEC1)*
CPN 100 Writing Studies I | ENGL 100 |
| ○ Communication 2 (GEC2)*
CPN 101 Writing Studies II | ENGL 101 |
| ○ 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 (38-39 credits):

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| ○ EXS 100 Introduction to Kinesiology | RECR 112 |
| ○ EXS 397 Exercise Physiology I | RECR 232 |
| ○ BIO 301 Human Anatomy and Physiology I [^] (4 cr) | [^] BIOL 131 OR BIOL 201 |
| ○ BIO 302 Human Anatomy and Physiology II [^] (4 cr) | [^] BIOL 132 OR BIOL 202 |
| ○ CHE 227 and 277 General Chemistry I with lab (4 cr) | CHEM 107 |
| ○ CHE 228 and 278 General Chemistry II with lab (4 cr) | CHEM 108 |
| ○ MAT 121 Calculus A OR MAT 135 Calculus I (4 cr)
(will also fulfill GE Mathematics*) | MATH 201 (MAT 135 option) |
| ○ MAT 201 Statistical Methods | MATH 200 |
| ○ COM 210 Fundamentals of Public Speaking
(will also fulfill GE Communication – Presentation*) | ENGL 201 |
| ○ PSY 101 Introductory Psychology (will also fulfill GE Social Sciences) | PSYC 103 |
| ○ PHY 105 Elementary Mechanics and Heat (4 cr) OR
PHY 201 Principles of Physics I (4 cr) (will also fulfill GE Natural Sciences*) | PHSC 104 (Offered occasionally)
PHSC 211 (Offered for spring) |

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

Electives (1-2 credits)

Total: 64

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.