

## Transfer Planning Sheet (Tompkins Cortland Community College) Health Education (HEC), B.S.E.D.

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 (34 credits)

### Courses I will complete at TC3:

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| <ul style="list-style-type: none"> <li>○ Communication 1 (GEC1)*<br/>CPN 100 Writing Studies I</li> <li>○ Communication 2 (GEC2)*<br/>CPN 101 Writing Studies II</li> <li>○ Communication – Presentation (GEC3)*<br/>COM 210 Fundamentals of Public Speaking</li> <li>○ Diversity: Equity, Inclusion &amp; Social Justice (GEDI)*</li> <li>○ Mathematics (GEMA)*</li> <li>○ Natural Sciences (GENS)* (4 cr)<br/>BIO 110 Principles of Biology I <b>OR</b> BIO 201 Biological Sciences I</li> <li>○ Humanities (GEHU)</li> <li>○ The Arts (GEAR)</li> <li>○ US History &amp; Civic Engagement (GEUS)</li> <li>○ World History &amp; Global Awareness (GEWH)</li> <li>○ World Languages (GEWL)**</li> </ul> | <ul style="list-style-type: none"> <li>ENGL 100</li> <li>ENGL 101</li> <li>ENGL 201</li> <li>_____</li> <li>_____</li> <li>BIOL 101 OR 104</li> <li>_____</li> <li>_____</li> <li>_____</li> <li>_____</li> <li>_____</li> </ul> |
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**\*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 (23 credits):

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| <ul style="list-style-type: none"> <li>○ <u>PSY 101 Introductory Psychology</u> (fulfills GE Social Sciences)</li> <li>○ <u>BIO 301 Human Anatomy and Physiology I</u> (4 cr)</li> <li>○ <u>BIO 302 Human Anatomy and Physiology II</u> (4 cr)</li> <li>○ CAP 100 Intro to Computer Applications</li> <li>○ <u>HLH 232 Nutrition</u></li> <li>○ HLH 302 Human Sexuality Education</li> <li>○ <u>PSY 231 Child Psychology, PSY 232 Adolescent Psychology OR PSY 333 Developmental Psychology</u></li> </ul> | <ul style="list-style-type: none"> <li>PSYC 103</li> <li>*BIOL 131 OR 201</li> <li>*BIOL 132 OR 202</li> <li>Must do all 3 – CAPS 111, 121, 131</li> <li>BIOL 114</li> <li>SOCE 201 (offered occasionally)</li> <li>PSYC 205 OR 207 OR 263</li> </ul> |
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\*BIOL 201 and 202 is the recommended sequence for HEC majors, but Cortland will accept BIOL 131 or 132 to meet the requirement.

### Electives (7 credits)

#### HEC Elective Options

- HLH 111 International Health and Culture

HLTH 215

Total: 64

## Health Education

### 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 Health Education

Teaching kids how to be healthy and practice good hygiene is only part of what a health education major covers. As a health education specialist, you could find yourself working in a community setting, on a college campus, hospitals or even in a corporate setting.

## Career Potential

- Elementary health education specialist
- High school health educator
- Junior high school health educator
- Prevention specialist in school district or community
- District health education coordinator
- Public health educator

## What Will I Learn?

You'll start with the basics of human anatomy and physiology and progress with a variety of health classes along with preparation for student teaching. The following concentrations give you the option to specialize in a particular area of interest.

## 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.

## Cortland's Urban Recruitment of Educators (C.U.R.E.) Program (Fall Applicants Only)

- SUNY Cortland's C.U.R.E. program provides scholarship support, mentoring and programming to eligible students interested in working in urban education after graduation.
- Students from demographic groups that are underrepresented in teaching or students who have a serious interest in urban education are eligible to apply.
- Admission in the C.U.R.E. program is open to Fall applicants only. [Applications](#) can be submitted online.