

## Transfer Planning Sheet (Tompkins Cortland Community College) Physical Education (PEM)

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.

**Specific General Education courses are required for this major. Students may consider taking the indicated courses at Cortland to avoid having to repeat General Education categories.**

**SUNY General Education/Cortland Degree Requirements (30-31 credits):**

**Courses I will complete at TC3:**

**Total General Education credits if taking courses at Cortland: 27-28**

- Communication 1 (GEC1)\*  
CPN 100 Writing Studies I
- Communication 2 (GEC2)\*  
CPN 101 Writing Studies II
- Communication – Presentation (GECp)\*
- Diversity: Equity, Inclusion & Social Justice (GEDI)\*
- Mathematics (GEMA)\*
- Humanities (GEHU)
- The Arts (GEAR)
- US History & Civic Engagement (GEUS)
- World History & Global Awareness (GEWH)
- World Languages (GEWL)\*\*

ENGL 100

ENGL 101

**Consider taking at Cortland**

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**Consider taking at Cortland**

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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 (21 credits):**

**Total Major Requirements if taking courses at Cortland: 13 credits**

- PSY 101 Introductory Psychology (will also fulfill GE Social Science)
- BIO 301 Human Anatomy and Physiology I  
(will also fulfill GE Natural Science)
- BIO 302 Human Anatomy and Physiology II
- EXS 397 Exercise Physiology I
- HLH 110 Personal and Community Health
- HLH 120 Responding to Emergencies (2 cr)
- PED 189 Aquatics (1 cr)
- PED 246 Yoga (1 cr)

PSYC 103

^BIOL 131 OR 201 (201 preferred)

**(Consider taking BIO 206 at Cortland)**

^BIOL 132 OR 202 (202 preferred)

**(Consider taking BIO 206 at Cortland)**

RECR 232

HLTH 206

HLTH 205

FITN 101 OR 102

FITN 170

**Electives (12 credits):** – Please note that this major does not have general elective options, so these 12 credits will not fulfill degree requirements at SUNY Cortland.

Total Credits: 64

**Total if taking courses at SUNY Cortland: 41**

## Physical Education

### School of Professional Studies

The program requirements pertain to the 2019-2020 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](#).
- **You can choose to add the Adapted Physical Education concentration to this program.**
- Use the [transfer equivalency tables](#) to choose equivalents at your transfer college.
- Students in Physical Education can choose to add the Adapted Physical Education concentration to this program.
- If you plan to transfer before you complete your associate's degree, ask us about the [Reverse Transfer](#) process.

## About Physical Education

Join our winning team by becoming a part of one of the best and most highly regarded physical education programs in the nation. Always dreamed of educating students but in an active way? At Cortland, you will integrate physical education theory with hands-on practice, utilizing a range of teaching styles and instructional strategies. This major leads to New York state certification to teach physical education to grades K-12.

## Career Potential

- K-12 physical education teacher
- Adapted physical education teacher
- Adapted physical education specialist for hospitals, children's centers and community-based programs
- Educator at an outdoor center

## What Will I Learn?

- Leadership and practical skills needed to effectively implement physical education curriculum in schools
- Effective teaching, curriculum and assessment practices
- A broad spectrum of fitness, sports and lifelong physical activities
- Certification to coach interscholastic sports

## 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.
- The State University waves 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.