

# AS in Exercise Science to BS in Exercise Science

## Transfer Agreement

### East Stroudsburg University and Raritan Valley Community College

East Stroudsburg University (ESU) and Raritan Valley County Community College (RVCC) have established the following Transfer Agreement to facilitate the transfer of students from the AS Degree in Exercise Science at RVCC to the Bachelor of Science in Exercise Science program at ESU.

**Terms of Agreement:** A RVCC student who has earned the AS Degree in Exercise Science shall be guaranteed admission to the BS Degree in Exercise Science at ESU provided the student meets the following terms of this agreement:

- **Cumulative GPA:** Graduate from RVCC with a minimum grade point average (GPA) of 2.00.
- **Major GPA:** Graduate from RVCC with a minimum Major GPA of 2.50.
- **Transfer Credit:** ESU will accept a total of 66 credits from RVCC with an earned grade of 'C' or better as outlined in the Exercise Science Transfer Agreement Course Guide.
- **College Transcript:** Submit an official final RVCC transcript, indicating receipt of the AS Degree in Exercise Science directly to the ESU Office of Admission prior to matriculating to ESU.
- **Enrollment:** Enroll at ESU within one year of graduation from RVCC. Not attend another institution of higher education between RVCC graduation and enrollment at ESU.
- **Applying:** Submit an application, with application fee, for admission as a transfer student to ESU. Students are encouraged to apply well before the application deadline dates. (Please refer to the ESU Transfer Student website for the online application link, application deadline dates, additional resources, and ESU transfer counselor contacts: [www.esu.edu/transfer](http://www.esu.edu/transfer).)

### RVCC Exercise Science (AS) to ESU Exercise Science (BS) Transfer Agreement Course Guide

**Transfer Credits:** Upon receiving an AS in Exercise Science from RVCC, ESU accepts the following 66 credits with grades of "C" or better, and a 2.50 major GPA and 2.00 cumulative GPA. At this point, the student will be able to major in Exercise Science and receive credit for the following courses:

General Education, Pre-Requisite, Co-Requisite, & Major Equivalencies			
Raritan Valley Community College		East Stroudsburg University	
Course Number	Credit	Course Number	Credit
ENGL 111-English Composition	3	ENGL 103 GE: English Composition	3
BIOL 124-Human Anatomy & Physiology	4	BIOL 111-GE-Human A &P 1	4
CISY 102-Computer Literacy	3	CPSC100 GE: PCS and their Uses	3
PSYC 103-Intro. To Psychology	3	PSY 100 GE: General Psychology	3
FITN 131-Current Health Issues	3	EXSC 299- Department elective credit	3
ENGL 112-English Composition II	3	ENGL 162-GE-Intro. To Literary Analysis	3
BIOL 125-Anatomy & Physiology II	4	BIOL 112-GE- Human A &P II	4
FITN 129-First Aid & CPR	3	EXSC 299- Department elective credit	3
FITN 148-Lifeguarding	3	EXSC 299- Department elective credit	3
FITN 132-Concepts of Aerobic Conditioning	1	EXSC 120-Physical Conditioning	1
FITN 135-Intro. To Weight Training	1	EXSC 122-Strength Training	1
BIOL 142-Intro. To Nutrition	3	HLTH 299- Department elective credit	3
SOCI 101-Intro. To Sociology	3	SOC 111-GE-Intro. To Sociology	3
FITN 123-Prevention & Care of Athletic Injuries	3	ATEP 230-Prevention and Management of Sport and Fitness Injuries	3
FITN 203-Exer. Measurement & Prescription	3	EXSC 330-Health Related Fitness Assessment	3
Humanities Elective	3	Humanities Elective-GE	3
Fitness & Wellness Elective	2	EXSC 299-Department elective credit	2
FITN 146-Exercise Physiology & Body Mechanics	3	EXSC 310-Exercise Physiology I	3

FITN 201-Kinesiology	3	EXSC 202-Kinesiology	3
FITN 207-Sports Management	3	EXSC 299-Department elective credit	3
FITN 290-Fitness Cooperative Education	3	EXSC 342-Power Training for Sport Performance	3
General Education	3	General Education Elective	3
Mathematics	3	MATH 100-GE-Numbers and Sets	3
<b>Total</b>	66	<b>Total</b>	66

General Education & Free Elective Recommendations	
<b>Humanities:</b> Fine Art [Art, Music, Theatre] ART 101; 119; 127; 130 [MUS 111] Foreign Lang. [FRE 111; 112; 211; 212] [GER 111; 112; 211; 212] [SPN 111; 112; 211; 212] Philosophy [PHL 111; 114; 115; 212]	
<b>Mathematics:</b> Math [MAT 111; 112; 113; 115; 118; 120; 131; 132]	
<b>Social Sciences:</b> Economics [ECO 211; 212]; Geography [PHY 118] [SOC 108]; History [HIST 111; 112; 113; 114; 117; 160; 167; 209; 210; 245] [HON 117]; Political Science [GOV 211] [POL 111; 211] [PUB 111]; Sociology [HON 111; 120; 202] [SOC 111; 112; 120; 180; 202; 209; 216; 280]	
<b>Free Elective Recommendations:</b> One course each from the Humanities and Social Sciences from a different category than was used for the Humanities and Social Science Electives in the General Education Recommendations	

Junior Year at ESU			
Fall		Spring	
Course Number	Credit	Course Number	Credit
EXSC 451-Aerobic Fitness Workshop	2	EXSC 447-Sport Nutrition	3
EXSC 453-Reducing Coronary Heart Disease Workshop	2	EXSC 452-Exercises and Weight Control Workshop	2
EXSC 230-Personal Training Workshop	1	EXSC 454-Anaerobic Training Workshop	2
EXSC 322-Strength and Conditioning Theory	3	Elective-(General Education Elective)- <b>- can choose from the following in Arts and Letters Group:</b> Fine Arts; Modern Languages-MLNG, or MLCH, or MLJA, or MLFR, or MLGR, or MLIT, or MLSP; or Performing Art	3
<b>Elective</b> - (General Education Elective) choose from the following in Social Science Group: Geography-GEOG 110, or 120, or 121, or 130, or 220 Political Science-POLS 101, or 111, or 117, or 201, or 211, 222 or 223; History; or Economics	3	<b>Elective</b> -(General Education Elective) choose from the following in Social Science Group: Geography-GEOG 110, or 120, or 121, or 130, or 220 Political Science-POLS 101, or 111, or 117, or 201, or 211, 222 or 223; History; or Economics	3
Elective	1	Elective	3
Elective	1		
<b>Total</b>	13	<b>Total</b>	16

Senior Year at ESU			
Fall		Spring	
EXSC 402-Psychology of Sport and Exercise	3	EXSC 410-Organization and Administration of Exercise and Wellness Programs	3
EXSC 431-Analysis of Performance Skills	3	EXSC 445-Seminar in Adult Fitness Programs	3
Elective - (General Education Elective) - <b>choose from the following in Arts and Letters Group:</b> Fine Arts; Modern Languages-MLNG, or MLCH, or MLJA, or MLFR, or MLGR, or MLIT, or MLSP; Performing Art; Philosophy-110, 171, 172, 212, 213,221,231, 235, 238, 241, 251, 265, 273, 281, or 285	3	EXSC 455-Health/Fitness Specialist Workshop	1
Elective	3	EXSC 456-Certified Strength & Conditioning Specialist Workshop	1
Elective	3	EXSC 486-Field Experience and Internships	3
		Elective	1
<b>Total</b>	15	<b>Total</b>	12