

# AS in Exercise Science Option to BS in Exercise Science

## Transfer Agreement

### East Stroudsburg University and Bergen Community College

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

**Terms of Agreement:** A BCC 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 BCC with a minimum grade point average (GPA) of 2.00.
- **Major GPA:** Graduate from BCC with a minimum Major GPA of 2.50.
- **Transfer Credit:** ESU will accept a total of 65 credits from BCC with an earned grade of 'C' or better as outlined in the Exercise Science Transfer Agreement Course Guide below.
- **College Transcript:** Submit an official final BCC 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 BCC. Not attend another institution of higher education between BCC 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).)

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

**Transfer Credits:** Upon receiving an AS in Exercise Science from BCC, ESU accepts the following 65 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			
Bergen Community College		East Stroudsburg University	
Course Number	Credit	Course Number	Credit
WEX 519- Cardiopulmonary Resuscitation & Emergency Aid	3	HLTH 240-Health Emergencies	3
WEX 164 -Exercise Science	3	EXSC 100-Introduction to Exercise Science	3
WRT 101- English Composition I	3	ENGL 103-English Composition	3
MAT - Mathematics Elective	3-4	Science (Group B)-General Education Credit	3-4
Humanities Elective	3	Arts and Letters (Group A)-General Education Credits	3
WEX 182 - Fitness Measurement	3	EXSC 120-Physical Conditioning and EXSC 121- Aerobic Fitness Activities	2
WEX184 - Sports Medicine 1 – Theory And Practice	3	EXSC 299-Departmental Elective Credit	3
COM100- Speech Communication or COM102- Public Speaking	3	CMST 100-GE:Speech Communication or CMST 253-GE: Public Speaking	3
WRT210- English Composition II	3	ENGL 203-GE:Advanced Composition	3
Social Science Elective	3	Social Science (Group C)-General Education Credit	3
General Education Elective Or Free Elective	3	Social Science (Group C)-General Education Credit	3

WEX 106- Nutrition for Exercise & Fitness	3	EXSC 299-Departmental Elective Credit	3
Natural Science Elective	4	Science (Group B)-General Education Credit	4
Humanities Electives	6	Arts and Letters (Group A)-General Education Credits	6
Social Science Elective	3	Social Science (Group C)-General Education Credit	3
WEX 183 - Programs & Principles of Conditioning	3	EXSC 299-Department Elective Credit	3
Natural Science Elective	4	Science (Group B)-General Education Credit	4
Humanities Electives	6	Arts and Letters (Group A)-General Education Credits	6
Free Elective	3	Arts and Letters (Group A)-General Education Credits	3
<b>Total</b>	65-66	<b>Total</b>	65

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>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
Elective- (General Education Elective)- <b>choose from the following in Social Science Group:</b> 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 -(General Education Elective)- <b>can choose from the following in Social Science Group:</b> 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-(General Education Elective)- <b>can choose from the following in Science Group:</b>	3	Elective	3
Elective	1		
<b>Total</b>	15	<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 and Conditioning Specialist Workshop	1
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	Elective	1
<b>Total</b>	15	<b>Total</b>	9