

**Human Performance Studies – Exercise Science Track (AS)**  
**to**  
**Exercise Science (BS)**  
**Transfer Agreement**

**East Stroudsburg University and Rockland Community College**

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East Stroudsburg University (ESU) and Rockland Community College (RCC) have established the following Transfer Agreement to facilitate the transfer of students from the Associate in Science (AS) Degree in Human Performance Studies – Exercise Science Track at RCC to the Bachelor of Science (BS) Degree in Exercise Science at ESU.

**Terms of Agreement:** An RCC student who has earned the AS Human Performance Studies – Exercise Science Track shall be guaranteed admission to the Bachelor of Science Degree in Exercise Science at ESU provided the student meets the following terms of this agreement:

- **Cumulative GPA:** Graduate from RCC with a minimum grade point average (GPA) of 2.00.
- **Major GPA:** Graduate from RCC with a minimum Major GPA of 2.50.
- **Transfer Credit:** ESU will accept a total of 63 credits from RCC with an earned grade of ‘C’ or better as outlined in the Human Performance Studies – Exercise Science Track Agreement Course Guide.
- **College Transcript:** Submit an official final RCC transcript, indicating receipt of the AS Degree in Human Performance Studies – Exercise Science Track directly to the ESU Office of Admission prior to matriculating to ESU.
- **Enrollment:** Enroll at ESU within one year of graduation from RCC. Not attend another institution of higher education between RCC 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).)

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**Rockland CC – Human Performance – Exercise Science Track (AS)**  
**To**  
**ESU Exercise Science (BS)**  
**Transfer Agreement Course Guide**

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**Transfer Credits:** Upon receiving an AS in Human Performance Studies – Exercise Science Track, RCC students will be transferring the following 63 credit hours into ESU. The following courses will transfer with a grade of “C” or better, with a 2.00 cumulative GPA and a 2.50 major GPA. At this point, the student will be able to major in Exercise Science and receive credit for the following courses:

<b>General Education, Pre-Requisite, Co-Requisite, and Major Equivalencies</b>			
<b>Rockland Community College</b>		<b>East Stroudsburg University</b>	
<b>Course Number</b>	<b>Credit</b>	<b>Course Number</b>	<b>Credit</b>
ENG 101-College Writing I	3	ENGL 103-English Composition	3
BIO 110 A & P I	4	BIOL 111 GE: A & P I	4
Math GE (Statistics)	4	Science (Group B) General Education	4
HIS 201 US History I or HIS 202 History II	3	HIST 141 GE: Foundations of the United States or HIST 143 GE: Twentieth Century US History	3
EHP – Elective	1	Elective credit	1
ENG 102-College Comp II	3	ENGL 203-GE:Advanced Composition	3
BIO 111 A & P II	4	BIOL 112 GE: A & P II	4

MATH GE (Calculus)	4	Science (Group B) General Education Credit	4
PSY 103 General Psychology	3	PSY 100 GE: General Psychology	3
HPS 212 Intro to Exercise Science	3	EXSC 100 Intro to Exercise Science	3
Humanities GE	3	Arts & Letters (Group A) General Edu Credit	3
CHM 101 – Inorganic Chemistry I	4	CHEM 199 General Education Credit	4
Foreign Language GE	4	Arts & Letters (Group A) General Education Credit	4
FIT 101 – Concepts of fitness Training	3	EXSC 120 Physical Conditioning / EXSC 122 Strength Training	3
EHP - Elective	1	Elective Credit	1
ART GE	3	Arts & Letters (Group A) General Education Credit	3
CHM 102 Inorganic Chemistry II	4	CHEM 199 – GE General Education Credit	4
HIS 101 Western Civ I or HIS 102 Western Civ II	3	HIST 199 GE: General Education Credit	3
SPE 101 Fundamentals of Speech	3	CMST 111 GE: Intro to Communication	3
HPS 200 Nutrition & Sports Performance	3	EXSC 447 Sport Nutrition	3
<b>Total</b>	<b>63</b>	<b>Total</b>	<b>63</b>

Junior Year at ESU			
Fall		Spring	
Course Number	Credits	Course Number	Credits
EXSC 342 Power Training for Sport Performance	3	EXSC 299 Department Elective	3
EXSC 451 Aerobic Fitness Workshop	2	EXSC 452 Exercises and Weight Control Workshop	2
EXSC 453 Reducing Coronary Heart Disease Workshop	2	EXSC 454 Anaerobic Training Workshop	2
EXSC 230 Personal Training Workshop	1	Elective	3
EXSC 322 Strength & Conditioning	3	Elective	3
Elective – Social Science (Group C) General Education Credit	3	Elective	3
Elective	1		
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>16</b>

Senior Year at ESU			
Fall		Spring	
Course Number	Credits	Course Number	Credits
EXSC 402 Psychology of Sport & Exercise	3	EXSC 410 Organization & Administration of Exercise & Wellness Programs	3
EXSC 431 Analysis of Performance Skills	3	EXSC 445 Seminar in Adult Fitness Programs	3
Elective	3	EXSC 455 Health/fitness Specialist Workshop	1
Elective	3	EXSC 456 Certified Strength & Conditioning Specialist Workshop	1
Elective	3	EXSC 486 Field Experiences & Internships	3
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>11</b>