

SUFFOLK COUNTY COMMUNITY COLLEGE		NEW YORK INSTITUTE OF TECHNOLOGY	
<i>Associate in Science Fitness Specialist</i>		<i>Bachelor of Science in Exercise Science</i>	
Course	Credit	Course	Credit
First Semester: 16 credits			
BIO 130: Anatomy and Physiology I	4	<i>Combine with BIO 132</i>	-
COL 101: College Seminar	1	<i>Credit balances EXSC 100</i>	-
ENG 101: Standard Freshman Composition	3	FCWR 101 Writing I	3
Physical Education Elective	1	Elective	1
PED 190: Intro to Physical Education, Fitness and Sport	3	EXSC 110 Foundations of Physical Activity	3
PED 132: Adventure Fitness	1	EXSC 100 Introduction to Kinesiology [^]	3
SUNY-GER Elective	3	Elective	3
Second Semester: 17 credits			
BIO 132: Anatomy and Physiology II	4	BIOL 210 Human Gross Anatomy and BIOL 310 Human Physiology**	8
PFS 114: Overview of Fitness and Facility Management	3	MGMT 102 Principles of Management	3
ENG 102: Introduction to Literature	3	FCWR 151 Writing II	3
HSC 112: Safety, First Aid and CPR	3	Elective	3
PSY 101: Introduction to Psychology	3	PSYC 101 Introduction to Psychology	3
Physical Education Elective	1	Elective	1
Third Semester: 17 credits			
BIO 245: Kinesiology	4	EXSC 200 Motion Analysis (3) <i>Credit balances EXSC 100 (1)</i>	3
PFS 113: Exercise Leadership and Concepts of Aerobic Conditioning	2	EXSC 150 Aerobic Conditioning [^]	3
PFS 201: Exercise Leadership and Concepts of Muscle Conditioning	2	EXSC 160 Resistance and Flexibility Training [^]	3
PFS 205: Fitness Assessment and Screening	2	EXSC 210 Measurement and Prescription [^]	3
PFS 212: Injury Prevention and Management	3	EXSC 230 Survey of Athletic Injuries	3
Mathematics Elective - <i>Recommended:</i> MAT 124 Fundamentals of Precalculus I <i>or</i> MAT 125 Fundamentals of Precalculus II	4	MATH 135 Fundamentals of Precalculus I <i>or</i> MATH 141 Precalculus	4
Fourth Semester: 15 credits			
History Elective	3	FCIQ 101 Foundations of Inquiry*	3
PFS 211: Nutrition and Human Performance	3	NTSI 201 Intro to Clinical Nutrition Practice	3
PFS 217: Fieldwork in Fitness	3	<i>Credit balances EXSC 150, EXSC 160, EXSC 210</i>	-
SUNY-GER Elective	3	Elective	3
SUNY-GER Foreign Language or The Arts	3	Elective	3
TOTAL	65	TOTAL	65

[^] Transfer credit is based on overall content of the AS Fitness Specialist program at Suffolk CCC, and degree completion will be required to receive credit for noted EXSC-Exercise Science courses at New York Tech.

* Transfer substitution awarded on the basis of this agreement

**Both BIO 130 and BIO 132 required to receive credit for BIOL 210/BIOL 310

Note – Follow “Recommended” elective to maximize transfer credit to New York Tech

Program of Study at New York Institute of Technology
Bachelor of Science in Exercise Science

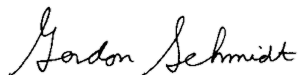
Courses to be completed at New York Tech:

<u>Major Courses:</u>		<u>Credits</u>
NTSI 360	Lifestyle and Weight Management	3
EXSC 220	Disability/Diversity in Physical Activity	3
EXSC 300/HSCI 330	Exercise Physiology	3
EXSC 400	Contemporary Issues – Exercise Science	4
EXSC 410	Senior Practicum	3
Exercise Science Electives		15-16

Core and additional requirements:

CHEM 105	Applied Chemistry (3) <i>or</i>	
CHEM 110	General Chemistry (4)	3-4
FCSP 105	Foundations of Speech Communication	3
FCSC 101	Foundations of Scientific Process <i>or</i>	
Science Elective	Biology, Chemistry, or Physics Elective	3-4
FCWR 302	Communication for Healthcare Careers	3
ICBS 309	Anthropological Approaches to Health	3
ICLT 3XX	Literature Seminar	3
ICPH 3XX	Philosophy Seminar	3
ICSS 3XX	Social Science Seminar	3
Elective		<u>1</u>

Total credits at New York Institute of Technology: **56-59**



December 14, 2020

Gordon Schmidt, Dean
School of Health Professions
New York Institute of Technology

Date

▪ *Effective as of 2020-21*