

SUFFOLK COUNTY COMMUNITY COLLEGE		NEW YORK INSTITUTE OF TECHNOLOGY	
<i>Associate in Science Physical Education Studies</i>		<i>Bachelor of Science in Exercise Science</i>	
Course	Credit	Course	Credit
First Semester: 15 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>	-
COM 105: Public Speaking	3	FCSP 105 Foundations of Speech	3
ENG 101: Standard Freshman Composition	3	FCWR 101 Writing I	3
PED 132: Adventure Fitness	1	EXSC 100 Intro to Kinesiology [^]	3
PED 190: Intro to Physical Education, Fitness and Sport	3	EXSC 110 Foundations of Physical Activity	3
Second Semester: 17 credits			
BIO 132: Anatomy and Physiology II	4	BIOL 210 Human Gross Anatomy and BIOL 310 Human Physiology**	8
ENG 102: Introduction to Literature	3	FCWR 151 Writing II	3
HSC 101: Health Concepts	3	Elective	3
HIS 103: Foundations of American History <i>or</i> HIS 104: Modern American History	3	ICSS Social Science Elective	3
PED 201: Methodology of Team Sports	1	-	-
PSY 101: Introduction to Psychology	3	PSYC 101 Introduction to Psychology	3
Third Semester: 15 credits			
BIO 245: Kinesiology	4	EXSC 200 Motion Analysis (3) <i>Credit balances EXSC 100 (1)</i>	3
HSC 111: Human Sexuality	3	Elective	3
PED 130: Lifetime Fitness	1	-	-
PED 155: Introduction to Swimming <i>or</i> PED 156: Swimming for Fitness	1	-	-
PED 202: Methodology of Racket Sports	1	-	-
PFS 205: Fitness Assessment and Screening	2	EXSC 210 Measurement and Prescription [^]	3
Restricted Social Science Elective	3	FCIQ 101 Foundations of Inquiry*	3
Fourth Semester: 17 credits			
HSC 112: Safety, First Aid and CPR	3	Elective	3
MAT 103: Statistics I	3	Elective	3
PED 191: Aspects of Coaching	3	-	-
PED 203: Methodology of Lifetime Activities	1	<i>Credit balances EXSC 210</i>	-
PFS 211: Nutrition and Human Performance	3	NTSI 201 Intro to Clinical Nutrition Practice	3
Restricted Physical Education Elective	1	-	-
SUNY-GER Foreign Language or The Arts	3	Elective	3
TOTAL	64	TOTAL	56

[^] Transfer credit is based on overall content of the AS Physical Education Studies 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

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 150	Aerobic Conditioning	3
EXSC 160	Resistance and Flexibility Training	3
EXSC 220	Disability/Diversity in Physical Activity	3
EXSC 230	Survey of Athletic Injuries	3
EXSC 300/HSCI 330	Exercise Physiology	3
EXSC 400	Contemporary Issues – Exercise Science	4
EXSC 410	Senior Practicum	3
MGMT 102	Principles of Management	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
MATH 135	Fundamentals of Precalculus I <i>or</i>	
MATH 141	Precalculus	4
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	<u>3</u>

Total credits at New York Institute of Technology: **65-68**

Gordon Schmidt

December 14, 2020

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

Date

▪ *Effective as of 2020-21*