



**Suggested Transfer Pathway**  
**Montgomery College A.A. in Health and Fitness to**  
**Salisbury University B.S. in Exercise Science**



**Year One – Montgomery College**

| Fall Semester                                    | Cr        |
|--|-----------|
| ENGL101 Techniques of Reading and Writing I      | 3         |
| BIOL150 Principles of Biology I                  | 4         |
| HLTH120 The Science and Theory of Health         | 3         |
| HLTH Elective                                    | 3         |
| PHED206 Principles & Practices of Health Fitness | 3         |
| <b>Total Credits</b>                             | <b>16</b> |

| Spring Semester                                  | Cr           |
|--|--------------|
| ENGL102 Techniques of Reading & Writing II       | 3            |
| MATH117 Statistics <b>or</b> MATH180 Precalculus | 3-4          |
| HLTH220 Emergency Medical Responders             | 3            |
| COMM108 <b>or</b> COMM112 Speech Foundation      | 3            |
| PHED228 Group Fitness Instructor Training        | 3            |
| Arts Distribution                                | 3            |
| <b>Total Credits</b>                             | <b>18-19</b> |

**Year Two – Montgomery College**

| Fall Semester                              | Cr        |
|--|-----------|
| BIOL250 Anatomy and Physiology I           | 4         |
| Humanities Dist. (HIST114/116/117 recomm.) | 3         |
| PHED230 Advanced Weight Training           | 3         |
| PHED237 Advanced Metabolic Assessment      | 3         |
| PSYC102 General Psychology                 | 3         |
| PHED140 Introduction to Exercise Science   | 1         |
| <b>Total Credits</b>                       | <b>17</b> |

| Spring Semester  | Cr        |
|--|-----------|
| BIOL213 Anatomy and Physiology II                      | 4         |
| Any HIST (HIST190 History of Sport recomm.)            | 3         |
| HLTH225 Introduction to Health Behaviors               | 3         |
| PHED250 Prevention & Mgmt of Exercise Injuries         | 3         |
| HLTH Elective  | 3         |
| SOCY100 Sociology <b>or</b> SOCY243 Sociology of Sport | 3         |
| <b>Total Credits</b>                                   | <b>19</b> |

*Apply to graduate from Montgomery College with an [Associate of Arts in Health Fitness](#)*

**Year Three – Salisbury University**

| Fall Semester                                     | Cr        |
|---|-----------|
| EXSC344: Exercise Physiology                      | 3         |
| HLTH317: Nutrition, Health, and Human Performance | 3         |
| EXSC300: Health Fitness Programs                  | 3         |
| <b>Total Credits</b>                              | <b>12</b> |

| Spring Semester                                 | Cr           |
|---|--------------|
| EXSC462: Exercise and Special Populations       | 3            |
| HLTH325: Planning and Assessing Health Programs | 4            |
| EXSC333 Kinesiology                             | 4            |
| Elective (Must be 300/400 level)                | 2-4          |
| <b>Total Credits</b>                            | <b>14-16</b> |

**Year Four – Salisbury University**

| Fall Semester                                   | Cr        |
|---|-----------|
| HLTH311: Human Sexuality Education              | 4         |
| HLTH401: Community Health                       | 4         |
| EXSC472: Stress Testing & Exercise Prescription | 4         |
| <b>Total Credits</b>                            | <b>12</b> |

| Spring Semester or Summer Term          | Cr        |
|---|-----------|
| EXSC479: Internship in Exercise Science | 10        |
| EXSC480: Exercise Science Credentialing | 2         |
| <b>Total Credits</b>                    | <b>12</b> |

[www.salisbury.edu/hss/exercise](http://www.salisbury.edu/hss/exercise)

[www.shadygrove.umd.edu/academics/undergraduate/exercise\\_science](http://www.shadygrove.umd.edu/academics/undergraduate/exercise_science)

## HEALTH FITNESS A.A. to Salisbury University Exercise Science B.S.

Total Credits: 64 – 65

|       |       |     |
|-------|-------|-----|
| Name: | Date: | ID# |
|-------|-------|-----|

### GENERAL EDUCATION FOUNDATION & DISTRIBUTION COURSES

| Foundation Courses  | COURSE  | HRS | GRADE |
|---|---------|-----|-------|
| ENGL101 (if needed for ENGL102 or ENGL103, general elective if not) |         | 3   |       |
| English Foundation (ENGL102 or ENGL103)                             | ENGL101 | 3   |       |
| Math Foundation (MATH117 or MATH180)                                | MATH    | 3-4 |       |
| Speech Foundation (COMM108 or COMM112)                              | COMM    | 3   |       |
| Health Foundation, Emergency Medical Responder                      | HLTH220 | 3   |       |
| Distribution Courses  | COURSE  | HRS | GRADE |
| Arts Distribution   |         | 3   |       |
| Humanities Distribution (HIST114/116/117 recommended)               |         | 3   |       |
| Arts or Humanities Distribution (HIST190 recommended)               |         | 3   |       |
| Behavioral & Social Science Distribution                            | PSYC102 | 3   |       |
| Behavioral & Social Science Distribution, SOCY100 or SOCY243        | SOCY    | 3   |       |
| Natural Sciences Distribution with Lab                              | BIOL150 | 4   |       |
| Natural Sciences Distribution with or without Lab                   | BIOL212 | 4   |       |
| Curriculum Requirements   | COURSE  | HRS | GRADE |
| Human Anatomy & Physiology  | BIOL213 | 4   |       |
| Introduction to Health Behaviors                                    | HLTH225 | 3   |       |
| Introduction to Exercise Science                                    | PHED140 | 1   |       |
| Principles and Practice   | PHED206 | 3   |       |
| Group Fitness Instructor Training                                   | PHED228 | 3   |       |
| Advanced Weight Training  | PHED230 | 3   |       |
| Advanced Metabolic Assessment                                       | PHED237 | 3   |       |
| Prevention & Management of Exercise Injuries                        | PHED250 | 3   |       |
| Health Elective   |         | 3   |       |
| Health Elective   |         | 3   |       |

Global & Cultural Perspectives Requirement: SOCY

#### Contact Information:

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[www.salisbury.edu/hss/exercise](http://www.salisbury.edu/hss/exercise)

[www.shadygrove.umd.edu/academics/undergraduate/exercise\\_science](http://www.shadygrove.umd.edu/academics/undergraduate/exercise_science)

Course Equivalencies (including General Education Requirements)

| Montgomery College<br>Associate of Arts Degree Program   | Semester<br>Hours | Transferring 70 SH to<br>Salisbury University                          | Semester<br>Hours |
|--|-------------------|--|-------------------|
| <b>Group I: 15 hours/5 courses</b>   |                   | <b>Group I:</b>  |                   |
| EN 101 (ENGL101) Techniques of Reading and Writing I   | 3                 | ENGL 103   | 3                 |
| EN 102 (ENGL102) Techniques of Reading and Writing II  | 3                 | ENGL Lit   | 3                 |
| <b>Group II: History</b>   |                   | <b>Group II: History</b>   |                   |
| HS 116/114/117 (HIST116/114/117)   | 3                 | HIST 101/102   | 3                 |
| HS 118 History of Sport in America (HIST190)   | 3                 | GENE HIST  | 3                 |
| <b>Group III: Humanities/Soc Science</b>   |                   | <b>Group III:</b>  |                   |
| PY 102 (PSYC102) Gen Psychology  | 3                 | PSYC 101   | 3                 |
| SO 101 (SOCY100) or SO 212 (SOCY243)<br>Intro to Sociology or The Sociology of Sport                                       | 3                 | SOCI 101   | 3                 |
| Speech Foundation:<br>SP 108 (COMM108) or SP 112 (COMM112)<br>Intro to Human Comm. or Business/Profession<br>Communication | 3                 | CMATLLE  | 3                 |
| <b>Group IV: Natural Sci/Math/Comp Sci</b>   |                   | <b>Group IV:</b>   |                   |
| BI 107 (BIOL150) Principles of Biology   | 4                 | BIOL 101   | 4                 |
| BI 204 (BIOL212) Human Anatomy and Physiology  | 4                 | BIOL 215   | 4                 |
| BI 205 (BIOL213) Human Anatomy and Physiology II   | 4                 | GENE IVB   | 4                 |
| MA 116 (MATH117) or 180 (MATH180)<br>Elements of Statistics or Precalculus   | 3                 | MATH 155   | 3                 |
| <b>Montgomery College<br/>Program Required Courses</b>   |                   | <b>Salisbury University<br/>Exercise Science Required Core Courses</b> |                   |
| PE 154 (PHED140) Intro to Exercise Science   | 1                 | EXSC 185 Intro to Ex Sc  |                   |
| PE 202 (PHED206) Principles and Practices  | 3                 | PHEC 106   |                   |
| PE 230 (PHED230) Advanced Weight Training  | 3                 | EXSC 250 Strength Training Technique and Program Design                |                   |
| PE 228 (PHED228) Group Fitness Instructor Training   | 3                 | EXSC 237 Exercise Leadership   |                   |
| PE 237 (PHED237) Adv Metabolic Assessment  | 3                 | EXSC 240 Fitness Testing   |                   |
| PE 250 (PHED250) Prevention/Treatment  | 3                 | EXSC 213 Prevention and Management of Exercise Injuries                |                   |
| HE 200 (HLTH225) Intro to Health Behaviors   | 3                 | HLTH 225 Health Behaviors  |                   |
| HE 205 (HLTH220) Emergency Medical Responder   | 3                 | EXSC 102 Emergency Procedure   |                   |

|   |   |  |  |
|---|---|--|--|
| HE 120 (HLTH160) Science and Theory of Health | 3 | HLTH 110 Foundations of Health Education |  |
| Art Distribution                              | 3 |  |  |
| <b>Program Electives: 6 hours/2 courses</b>   |   | <b>Elective Courses</b>                  |  |
| Health Elective                               | 3 |  |  |
| Health Elective                               | 3 |  |  |
| <b>Total Semester Hours: 70</b>               |   | <b>Total Transfer Credits = 69</b>       |  |

**Summary:**    **70 hours transferred**  
**43 hours needed in SU core EXSC courses**  
**9 hours needed in SU EXSC electives**