



**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#
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### 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 Associate of Arts Degree Program	Semester Hours	Transferring 70 SH to Salisbury University	Semester 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) Intro to Sociology or The Sociology of Sport	3	SOCI 101	3
Speech Foundation: SP 108 (COMM108) or SP 112 (COMM112) Intro to Human Comm. or Business/Profession 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) Elements of Statistics or Precalculus	3	MATH 155	3
<b>Montgomery College Program Required Courses</b>		<b>Salisbury University 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**