CSCU Pathway Transfer Degree: Exercise Science Studies, A.A.
Manchester Community College
Catalog Year 2022-23

Please contact a campus advisor for this program:
Professor Allison MacKenzie, amackenzie@manchestercc.edu

These requirements are effective if you declared the Transfer Ticket: CSCU Pathway Transfer Degree: Exercise Science Studies, A.A. major for the 2017/18 through 2022/23 academic year.

With this degree you will be able to transfer to the following majors. Follow this link for important information about when and how to apply for transfer to a State University or Charter Oak State College.

- At Central Connecticut State University: Exercise Science, B.S.
- At Eastern Connecticut State University: Sport and Leisure Management: Sports Science and Performance Concentration, B.S.
- At Southern Connecticut State University: Exercise Science, Human Performance Concentration, B.S.

Here is the recommended course of study for the CSCU Pathway Transfer Degree: Exercise Science Studies, A.A. If you are studying part time, simply follow the order of the courses listed here. Note that not all courses will be available every semester. You will notice that in many instances you will be able to choose the specific course you will take from within a category. For a list of the courses from each category that you can choose from, go to Appendix (PDF).

**First Semester:** 16 credits

- ENG 101 Composition: 3 credits
- HPE 105 Introduction to Exercise Science: 3 credits
- Choose one of the following two courses:
  - BIO 115 Human Biology: 4 credits
  - BIO 121 General Biology I: 4 credits
- PSY 111 General Psychology: 3 credits
- Choose one Aesthetic Dimensions course: 3 credits

**Second Semester:** 17 credits

- BIO 111 Introduction to Nutrition: 3 credits
- BIO 211 Anatomy and Physiology I: 4 credits
- MAT 165 Elementary Statistics with Computer Applications: 4 credits
- Choose one Written Communication II course: 3 credits
- Choose one Historical Knowledge and Understanding course: 3 credits

Begin the transfer application process in your third semester or the semester before you plan to graduate. FAFSA becomes available October 1.
Third Semester: 15 credits

- HPE 243 Kinesiology with Lab 4 credits
- HPE 245 Programming and Prescription I 4 credits
- HPE 247 Aspects of Strength and Conditioning 3 credits
- BIO 212 Anatomy and Physiology II 4 credits

During your last semester at MCC, apply for graduation by the dates found here.

Fourth Semester: 13 credits

- HPE 241 Exercise Physiology with Lab 4 credits
- HPE 246 Programming and Prescription II 3 credits
- Choose one Continued Learning and Information Literacy course 3 credits
- COM 173 Public Speaking 3 credits

Here is another way to look at the degree, by requirements

General Education Requirements: 33 credits

Unless a course is specifically designated, such as ENG 101 Composition for Written Communication I, you will have a choice about which course you take. For a list of the courses from each category that you can choose from, go to Appendix (PDF).

- Written Communication I: 3 credits
  - ENG 101 Composition
- Written Communication II (select one): 3 credits
- Scientific Reasoning: 4 credits
  - Choose one of the following two courses:
    - BIO 105 Introduction to Biology
    - BIO 121 General Biology II
- Scientific Knowledge and Understanding: 4 credits
  - BIO 211 Anatomy and Physiology I
- Quantitative Reasoning: 4 credits
  - MAT 165 Elementary Statistics with Computer Applications
- Historical Knowledge and Understanding (select one): 3 credits
- Social Phenomena: 3 credits
  - PSY 111 General Psychology
- Aesthetic Dimensions (select one): 3 credits
- Continued Learning and Information Literacy (select one): 3 credits
- Oral Communication: 3 credits
  - COM 173 Public Speaking

Major Program Requirements: 28 credits

- HPE 105 Introduction to Exercise Science 3 credits
- HPE 241 Exercise Physiology with Lab 4 credits
- HPE 243 Kinesiology with Lab 4 credits
HPE 245 Programming and Prescription I  4 credits  
HPE 246 Programming and Prescription II  3 credits  
HPE 247 Aspects of Strength and Conditioning  3 credits  
BIO 111 Introduction to Nutrition  3 credits  
BIO 212 Anatomy and Physiology II  4 credits  

Unrestricted Electives:*  0 credits 

*You are free to choose any courses at or above 100-level to complete any available unrestricted electives. You should also consider using unrestricted electives to meet foreign language requirements for programs at Central and Eastern. You can also complete other General Education requirements. Your advisor will help you to determine which courses to select.

**CSCU Pathway Transfer Degree: Exercise Science Studies, A.A. Total: 61 credits**

In order to graduate and be guaranteed admission to a State University or to Charter Oak State College, you must earn an overall 2.0 grade point average.