
TRANSFER TICKET

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

Previous catalog years

[2017/18](#)

[2018/19](#)

[2019/20](#)

[2020/21](#)

[2021/22](#)

Please contact a campus advisor for this program:

Professor Heidi Zenie, hzenie@threerivers.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
CHE 111 Concepts of Chemistry	4 credits
HPE 105 Introduction to Exercise Science	3 credits
COM 173 Public Speaking	3 credits
PSY 111 General Psychology	3 credits

Second Semester: 15 credits

BIO 121 General Biology I	4 credits
HPE 245 Programming and Prescription I	4 credits
BIO 111 Introduction to Nutrition	3 credits
MAT 165 Elementary Statistics w/ Computer Applications	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: 14 credits

HPE 246 Programming and Prescription II	3 credits
BIO 211 Anatomy and Physiology I	4 credits
HPE 241 Exercise Physiology with Lab	4 credits
Choose one Historical Knowledge and Understanding course	3 credits

During your last semester at TRCC, apply for graduation by the [dates found here](#).

Fourth Semester:	17 credits
HPE 243 Kinesiology with Lab	4 credits
HPE 247 Aspects of Strength and Conditioning	3 credits
Choose one Written Communication II course (ENG 102 Literature and Composition recommended)	3 credits
BIO 212 Anatomy and Physiology II	4 credits
Choose one Aesthetic Dimensions course	3 credits

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

General Education Requirements: 34 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: ENG 101 Composition	3 credits
Written Communication II (select one): (ENG 102 Literature and Composition recommended)	3 credits
Scientific Reasoning: BIO 115 General Biology I	4 credits
Scientific Knowledge and Understanding: BIO 211 Anatomy and Physiology I	4 credits
Quantitative Reasoning: MAT 165 Elementary Statistics w/ Computer Applications	4 credits
Historical Knowledge and Understanding (select one):	3 credits
Social Phenomena: PSY 111 General Psychology	3 credits
Aesthetic Dimensions (select one):	3 credits
Critical Analysis and Logical Thinking: CHE 111 Concepts of Chemistry	4 credits
Oral Communication: COM 173 Public Speaking	3 credits

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: 62 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.