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## TRANSFER TICKET

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### CSCU Pathway Transfer Degree: Exercise Science Studies, A.A. Norwalk Community College Catalog Year 2019-20

Previous catalog years

[2017/18](#)

[2018/19](#)

**Please contact a campus advisor for this program:**

Professor Paul Gallo, [pgallo@norwalk.edu](mailto:pgallo@norwalk.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, 2018/19, or 2019/20 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
BIO 105 Introduction to Biology	4 credits
MAT 201 Statistics	3 credits
Choose one <b>Continued Learning and Information Literacy</b> course (CSA 105 Computer Software Applications recommended)	3 credits

#### Second Semester:

**17 credits**

HPE 245 Programming and Prescription I	4 credits
BIO 211 Anatomy and Physiology I	4 credits
COM 173 Public Speaking	3 credits
PSY 111 General Psychology I	3 credits
Choose one <b>Written Communication II</b> course (ENG 102 Literature and Composition recommended)	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 241 Exercise Physiology with Lab	4 credits
HPE 246 Programming and Prescription II	3 credits

BIO 111 Introduction to Nutrition	3 credits
BIO 212 Anatomy and Physiology II	4 credits

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

**Fourth Semester: 13 credits**

HPE 243 Kinesiology with Lab	4 credits
HPE 247 Aspects of Strength and Conditioning	3 credits
Choose one <b>Historical Knowledge and Understanding</b> course	3 credits
Choose one <b>Aesthetic Dimensions</b> course	3 credits

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

**General Education Requirements: 32 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 \(PDF\)](#).

<b>Written Communication I:</b> ENG 101 Composition	3 credits
<b>Written Communication II (select one):</b> (ENG 102 Literature and Composition recommended)	3 credits
<b>Scientific Reasoning:</b> BIO 105 Introduction to Biology	4 credits
<b>Scientific Knowledge and Understanding:</b> BIO 211 Anatomy and Physiology I	4 credits
<b>Quantitative Reasoning:</b> MAT 201 Statistics	3 credits
<b>Historical Knowledge and Understanding (select one):</b>	3 credits
<b>Social Phenomena:</b> PSY 111 General Psychology	3 credits
<b>Aesthetic Dimensions (select one):</b>	3 credits
<b>Continued Learning and Information Literacy (select one):</b> (CSA 105 Computer Software Applications recommended)	3 credits
<b>Oral Communication:</b> 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: 60 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.**