

QUEENSBOROUGH COMMUNITY COLLEGE		NEW YORK INSTITUTE OF TECHNOLOGY	
<i>Associate in Arts - Liberal Arts and Sciences Exercise Science Concentration</i>		<i>Bachelor of Science in Exercise Science</i>	
Course	Credit	Course	Credit
Fall Semester #1: 15 credits			
ENGL-101 English Composition I	3	FCWR 101 Writing I	3
Mathematical and Quantitative Reasoning <i>Recommended:</i> MA-119 College Algebra	3	MATH 135 Fundamentals of Precalculus I	4
SP-211 Speech Communication	3	FCSP 105 Foundations of Speech Communication	3
Foreign Language course	3	Elective	3
HE-102 Health, Behavior and Society	2	Science Elective (2)	2
Phys Ed or Dance, from PE-400, PE-500 or DAN-100 series	1	<i>Credit applied to MATH 135</i>	-
Spring Semester #1: 15-16 credits			
ENGL-102 English Composition II	3	FCWR 151 Writing II	3
PE-825 Introduction to Exercise Science	3	EXSC 100 Introduction to Kinesiology	3
Foreign Language course (next in sequence)	3-4	Elective	3-4
Flexible Core 2A, 2B, 2C, 2D, or 2E <i>Recommended:</i> Creative Expression course	3	FCIQ 101 Foundations of Inquiry [^]	3
Flexible Core 2A, 2B, 2C, 2D, or 2E <i>Recommended:</i> PHIL Philosophy course	3	ICPH Philosophy Elective	3
Fall Semester #2: 16 credits			
One course from the ENGL-200 series	3	ICLT Literature Elective	3
Exercise Science <i>Recommended:</i> HE-108 Health and Physical Fitness	3	EXSC 110 Foundations of Physical Activity	3
HIST-110, HIST-111, or HIST-112	3	ICSS Social Science Elective	3
Life & Physical Sciences <i>Recommended:</i> CH-127 Introductory General Chemistry	4	CHEM 105 Applied Chemistry + Science Elec (1)	4
Science Laboratory course	-	-	-
Flexible Core 2A, 2B, 2C, 2D, or 2E <i>Recommended:</i> PSYC-101 Psychology	3	PSYC 101 Introduction to Psychology	3
Spring Semester #2: 16 credits			
Exercise Science <i>Recommended:</i> HE-103 Nutrition and Health	3	NTSI 201 Intro to Clinical Nutrition Practice	3
Flexible Core 2A, 2B, 2C, 2D, or 2E <i>Recommended:</i> ANTH-160 Anthropology of Health Healing	3	ICBS 309 Anthropological Approaches to Health	3
Flexible Core 2A, 2B, 2C, 2D, or 2E course	3	Elective	3
Flexible Core 2A, 2B, 2C, 2D, or 2E course	3	Elective	3
Phys Ed or Dance, from PE-400, PE-500 or DAN-100 series	1	Elective	1
Free electives to reach 60 credits <i>Recommended:</i> BU-201 Business Organization and Mgmt	3	MGMT 102 Principles of Management	3
TOTAL	62-63	TOTAL	62-63

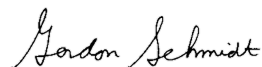
- Follow “*Recommended*” courses to maximize transfer credit award to New York Tech
[^]Course substitution awarded on the basis of this agreement

Program of Study at New York Institute of Technology

Bachelor of Science in Exercise Science

Courses to be completed at New York Tech

<u>Core and additional requirements</u>		<u>Credits</u>
FCWR 302	Communication for Healthcare Careers	3
Elective		1-2
 <u>Major requirements</u>		
BIOL 210	Human Gross Anatomy	4
BIOL 310	Human Physiology	4
NTSI 360	Lifestyle and Weight Management	3
 <u>Exercise Science</u>		
EXSC 150	Aerobic Conditioning	3
EXSC 160	Resistance and Flexibility Training	3
EXSC 200	Motion Analysis	3
EXSC 210	Measurement and Prescription	3
EXSC 220	Disability/Diversity in Physical Activity	3
EXSC 230	Survey of Athletic Injuries	3
EXSC 300/HSCI 330	Exercise Physiology	3
EXSC 400	Seminar: Contemporary Issues – Exercise Science	4
EXSC 410	Senior Practicum	3
Exercise Science Electives		<u>15-16</u>
 Total Credits at New York Institute of Technology:		 <u>58-60</u>



April 30, 2021

Gordon Schmidt, Ph.D., FACSM
Dean, School of Health Professions
New York Institute of Technology

Date

Effective as of Fall 2021