



Pfeiffer University Baccalaureate Transfer Degree Pathway
Major: Bachelor of Science in Health and Exercise Science

 <p style="text-align: center;">SANDHILLS COMMUNITY COLLEGE Associate of Applied Science in Health and Fitness Science (A45630)</p>			 <p style="text-align: center;">PFEIFFER UNIVERSITY Bachelor of Science in Health and Exercise Science (Exercise and Sport Science Concentration)</p>		
Course	Course Title	SH	Course	Course Title	SH
	FALL SEMSTER	15		FALL SEMESTER	14
ACA 115	Success & Study Skills	1	EXSC 305	Exercise Physiology	4
ENG 111	Writing and Inquiry	3	EXSC 409	Exercise Behavior	3
HFS 110	Exercise Science (= EXSC 201, 1sh)	4	BIOL 211N	General Biology	4
HFS 111	Fitness & Exer Testing (+HFS 212 = EXSC 315, 4sh)	4	GenEd	Complete remaining requirement in LitStudy or Visual/Performing Arts	3
MED 120	Survey of Med Terminology	2			
PED 113	Aerobics I	1			
	SPRING SEMESTER	17-18		SPRING SEMESTER	15
BIO 155	Nutrition (= EXSC 300, 3sh)	3	EXSC 401	Sports Nutrition	3
ENG 114	Prof Research & Reporting	3	EXSC 407	Sports Psychology	3
HFS 116	Pvt & Care Exer Injuries	3	GenEd	Historical Perspective requirement	3
HFS 118	Fitness Facility Mgmt	4	Elective	See recommended list in ESS concentration	3
MAT 143	Quantitative Literacy (College Algebra Recommended)	3-4	UNIV 375	Third Year Seminar	3
PED 117	Weight Training I	1			
	SUMMER SEMESTER	8			
HEA 112	First Aid & CPR	2			
PSY 150	General Psychology	3			
	Humanities/Fine Arts Elective	3			
	FALL SEMESTER	17		FALL SEMESTER	15
BIO 168	Anatomy and Physiology I (= EXSC/BIOL 265, 4sh)	4	EXSC 525	HES Internship	3
BUS 137, 139, or 230	Principles of Management, Entrepreneurship I, or Small Business Management	3	GenEd	Study in Religion requirement	3
HFS 212	Exercise Programming (+HFS 111 = EXSC 315, 4sh)	3	Electives	See recommended list in ESS concentration	9

HFS 218	Lifestyle Change & Wellness	4			
PED 118	Weight Training II	1			
WBL 111	Work-Based Learning I	1			
WBL 115	Work-Based Learning Seminar I	1			
	SPRING SEMESTER	15		SPRING SEMESTER	15-17
BIO 169	Anatomy and Physiology II (= <i>EXSC/BIOL 266, 4sh</i>)	4	EXSC 550	Professional Certification	3
HFS 120	Group Exer Instruction	3	EXSC 405	Biomechanics	4
HFS 210	Personal Training	3	EXSC 411	Strength & Conditioning	4
HFS 214	Health and Fitness Law	3	Electives	See recommended list in ESS concentration	4-6
PED 122 or PED 217	Yoga I or Pilates I	1			
WBL 121	Work-Based Learning II	1			
Total SCC Hours		72	Total Pfeiffer Hours		59-61
Total A.A.S. Semester Hours Transferred					
Max Transferable Hours		64			
			Total Required Hours to Graduate		123- 125

NOTES

- 16 sh transferable to HES Core Curriculum.
- In-person labs are a requirement for course equivalencies Anatomy and Physiology I & II and Exercise Testing and Prescription.