

**Articulation Agreement**  
**University of North Carolina at Pembroke**  
**and Sandhills Community College**  
**A.A.S. in Health and Fitness Science to Exercise and Sport Science, Fitness Track, B.S.**  
**March 2023**

**Course Equivalencies:**

Sandhills Community College Courses			University of North Carolina at Pembroke Courses		
Number	Course Title	Credit Hours	Number	Course Title	Credit Hours
<b>Required General Education Courses</b>					
ACA 115	Success & Study Skills	1	UNV 1000	Freshman Seminar	1
COM 231	Public Speaking	3	SPE 2010	Fundamentals of Speech	3
<u>or</u>	Prof Research & Reporting	3	<u>or</u>	<u>or</u>	
ENG 114			ENG 1060	Composition II	3
ENG 111	Writing and Inquiry	3	ENG 1050	Composition I	3
MAT 143	Quantitative Literacy (or higher)	3-4	MAT 1050 (or higher)	Intro. To College Math (or higher)	3-4
PSY 150	General Psychology	3	PSY 1010	Introductory Psychology	3
PED 113	Aerobics	1	PED 1790	Aerobic Dance	1
PED 117	Weight Training	1	PED 1460	Weight Training	1
PED 118	Weight Training II	1	PED 1770	Advanced Physical Conditioning	1
PED 122	Yoga I	1	PED 1410	Physical Conditioning	1
<u>or</u>	<u>or</u>		<u>or</u>	<u>or</u>	
PED 217	Pilates I	1	PED 1790	Aerobic Dance	1
*****	Humanities/Fine Arts Elective	3	*****	GEN ED: Humanities/Fine Arts	3
<b>Required Major Core Courses</b>					
BIO 165	Anatomy and Physiology I	4	BIO 2110	Anatomy and Physiology I	4
<u>or</u>	<u>or</u>				
BIO 168	Anatomy and Physiology I	4			
BIO 166	Anatomy and Physiology II	4	BIO 2120	Anatomy and Physiology II	4
<u>or</u>	<u>or</u>				
BIO 169	Anatomy and Physiology II	4			
BIO 155	Nutrition	3	HLTH 2100	Applied Nutrition	3
HEA 112	First Aid & CPR	2	HLTH 1060 (1 credit) + HLTH 0010 (1 credit)	Safety & First Aid (1 credit) + Health Electives (1 credit)	2
HFS 110	Exercise Science	4	KIN 1100 (3 credits) + HLTH 0010 (1 credit)	Intro to Kinesiology (3 credits) + Health Electives (1 credit)	4
HFS 111	Fitness & Exercise Testing I	4	HLTH 0010	Health Electives	4
HFS 116	Prevention & Care of Exercise Injuries	3	HLTH 0010	Health Electives	3

HFS 118	Fitness Facility Management	4	HLTH 0010	Health Electives	4
HFS 120	Group Exercise Instruction	3	HLTH 0010	Health Electives	3
HFS 210	Personal Training	3	HLTH 0010	Health Electives	3
HFS 212	Exercise Programming	3	HLTH 0010	Health Electives	3
HFS 214	Health and Fitness Law	3	HLTH 0010	Health Electives	3
HFS 218	Lifestyle Changes & Wellness	4	KIN 1000 (2 credits) + PED 1010 (1 credit) + HLTH 0010 (1 credit)	Lifetime Fitness (2 credits) + Well & Fitness (1 credit) + Health Electives (1 credit)	4
<b>Other Required Courses</b>					
BUS 139 <i>or</i> BUS 230	Entrepreneurship I <i>or</i> Small Business Management	3 3	BUS 0010 <i>or</i> BUS 0010	Business Electives <i>or</i> Business Electives	3 3
MED 120	Survey of Medical Terminology	2	SAB 2700	Medical Terminology	2
WBL 111	Work-Based Learning I	1	ELEC 0010	General Electives	1
WBL 115	Work-Based Learning Seminar I	1	ELEC 0010	General Electives	1
WBL 121	Work-Based Learning II	1	ELEC 0010	General Electives	1
					<b>Total Transfer Credit Hours: 72</b>

#### Elements:

- To be eligible for admission under this agreement, each candidate must have at least a 2.0 cumulative Quality Point Average (QPA) on a 4.0 scale on all prior college/university course work.
- Only courses with a grade of "C" or higher will be accepted for transfer credit.
- Total required hours for a Bachelor of Science in Exercise and Sport Science, Fitness Specialist Track at UNC Pembroke is 120 hours.
- Transfer work will be evaluated on an individual basis for students transferring with an A.A.S. in Health and Fitness Science from Sandhills Community College and majoring in a degree/track other than the B.S. in Exercise and Sport Science, Fitness Specialist Track.
- Students must complete a minimum of 9 hours of Writing Intensive courses at UNC Pembroke. Graduation from UNC Pembroke is based on successful completion of General Education including 2 hours of Physical Education and Wellness, which is required for all baccalaureate degrees, and upon successful completion of a specialized program for a major.
- Students are required to complete the Indigenous Cultures and Communities (ICC) graduation requirement as part of the undergraduate curriculum. Students transferring to UNC Pembroke with 60 (or more) transfer credit hours are required to take  
**EITHER** one (1) approved ICC designated 3-credit hour course **OR** one (1) ICC designated and department-approved co-curricular learning experience. Students transferring to UNCP with fewer than 60 transfer credit hours are required to take  
**EITHER** two (2) approved ICC designated 3-credit hour courses **OR** one (1) approved ICC designated 3-credit hour course **AND** one (1) ICC designated and department-approved co-curricular learning experience.
- UNC Pembroke does not limit the number of transfer credits in which a student can transfer; however, **a minimum of 25 percent of the semester hours applied toward a bachelor's degree must be earned through regular enrollment at UNC Pembroke.** For more information, please refer to UNC Pembroke's specific degree requirements for majors. A course equivalency chart is attached to the document.