

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

 SANDHILLS COMMUNITY COLLEGE Associate of Applied Science in Health and Fitness Science (A45630)			 PFEIFFER UNIVERSITY Bachelor of Science in Health and Exercise Science (Exercise and Sport Science Concentration)		
Course	Course Title	SH	Course	Course Title	SH
FALL SEMSTER			FALL SEMESTER		
		15			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			SPRING SEMESTER		
		17- 18			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			SUMMER SEMESTER		
		8			
HEA 112	First Aid & CPR	2			
PSY 150	General Psychology	3			
	Humanities/Fine Arts Elective	3			
FALL SEMESTER			FALL SEMESTER		
		17			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 (= EXSC/BIOL 266, 4sh)	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.