

Hudson Valley Community College Exercise Science			Rochester Institute of Technology Exercise Science		
Course #	Course Title	Credits Granted	RIT Course #	Equivalent Course Title	Credits Accepted
ENGL 101 ENGL 102	English Comp I AND English Comp II	6	UWRT 150	FYW: Writing Seminar AND Gen Ed Elective	6
EXER 101	Introduction to Exercise Science	3	EXSC 150	Intro to Exercise Science	3
FORM 102	College Forum	(1)	FREE 100	Free Elective Credit	0
HLTH 160	Personal and Community Health	3	MEDG 105	Health Awareness (Free Elective)	3
PHED/ HLTH	PHED/HLTH Electives <i>Recommended¹</i> : HLTH 170 or 200	5	EXSC 320	Coaching Healthy Behavior	3
	HIST 110, 111, 115, or 139 <i>Recommended¹</i> : HIST 110 or 111	3	HIST 102	US Themes (Perspective 4)	3
BIOL 127	Principles of Sport & Exercise Nutrition	4	NUTR 300	Sports Nutrition	3
MATH 120 MATH 135	Real World Math OR Elementary Statistics (<i>Recommended¹</i>)	3	MATH 104 STAT 145	Contemporary Mathematics Introduction to Statistics I	3
PHED 280	Intro to Sports Medicine	3	WREC 99	One Activity Course Waiver	0
	HIST 100, 101, 130 or 137 <i>Recommended¹</i> : HIST 101 or 137	3		LAS P3-Global	3
CHEM 100	General Chemistry in Health Science	4		LAS P6 (Note: Need full chem sequence at RIT. Turns into Elective Credit)	4
ENGL 125	Public Speaking	3	COMM 201	Public Speaking (Perspective 1)	3
EXER 100	Concepts in Exercise Training	3	EXSC 206	Fitness Prescription ²	3
EXER 110	Exercise for Special Populations	3	EXSC 207	Exercise Special Populations	3
HLTH 152	First Aid	2	WREC 99	One wellness class waiver	0
BIOL 230 or 270	Anatomy and Physiology I	4	MEDS 250	Human A&P I w/ Lab (Note: A&P II also required for graduation from RIT)	4
EXER 200	Fitness Assessment, Evaluation and Program Design	3	EXSC 206	Fitness Prescription ²	3
PSYC 225	Sports Psychology	3	PERS 100	LAS P4-Social ²	3
	Restricted General Education Elective ³ <i>Recommended¹</i> : PHIL 100- Intro to Philosophy CRJS 101- Intro to Criminal Justice MATH 165- Basic calc w/ Analytic Geo	6		PHIL 101- Intro to Philosophy CRIM 110- Intro to Criminal Justice MATH 161- Applied Calculus	6
Total Credits		64	Total Credits Transferred		54
			Credits Needed for Graduation after Transfer		66

¹Recommended courses fulfill RIT requirements. Listed course equivalencies are for stated courses. Other course options may transfer to RIT, but are not guaranteed to meet curriculum requirements.

²Duplicate course or perspective turns into Free or extra General Education Elective

³Restricted General Education Elective – Courses must be designated as “SUNY General Education course” and “HVCC Liberal Arts and Science” course. In addition, one of the following General Education categories must be satisfied; FL, HU, AR or OC