

Hudson Valley Community College Health and Wellness			Rochester Institute of Technology Nutritional Sciences		
Course #	Course Title	Credits Granted	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
FORM 102	College Forum	(1)	FREE 100	Free Elective	0
ENGL 125	Public Speaking	3	COMM 201	Public Speaking (PAS-P1)	3
EXER 100	Concepts of Exercise Training	3	EXSC 206	Fitness Prescription (elective credit)	3
HLTH 140	Drug Studies: Intervention & Prevention	3	TXFR 100	Free Elective Credit	3
HLTH 152	First Aid	2	WREC 99	One wellness class waiver	0
HLTH 160	Personal & Community Health	3	MEDG 105	Health Awareness (elective credit)	3
HLTH 200	Foundations of Health Education	3	EXSC 320	Coaching Healthy Behavior (elective credit)	3
HLTH 210	Worksite Health Promotion	3	EXSC 360	Worksite Health Promo (elective credit)	3
SOCL 100	Sociology	3	SOCI 102	Foundations of Sociology	3
	Restricted Mathematics Elective ¹ <i>Recommended</i> ² : MATH 150	3	MATH 101	College Algebra	3
	Restricted American History Elective ³ <i>Recommended</i> ² : HIST 110 or 111	3	HIST 102	US Themes (LAS-P4)	3
	Restricted Western Civilization Elective ⁴ <i>Recommended</i> ² : HIST 101	3	HIST 150	World History since 1500 (LAS-P3)	3
	Restricted Gen Ed Elective ⁵ <i>Recommended</i> ² : PSYC 100	3	PSYC 101	General Psychology	3
BIOL 125 BIOL 126 BIOL 128	<i>Select One:</i> Nutrition General Nutrition Sports Nutrition	3	NUTR 215 NUTR 215 NUTR 300	Contemporary Nutrition Contemporary Nutrition Sports Nutrition	3
	Restricted PHED Electives ⁶	4	WREC 99	<i>One Wellness Class Waiver</i>	0
BIOL 230 or 270	Anatomy & Physiology I	4	MEDS 250	Human A&P I w/ Lab	4
BIOL 234 or 271	Anatomy & Physiology II	4	MEDS 251	Human A&P II w/ Lab	4
	HLTH/EXER Electives	6		Free Elective Credit	6
Total Credits		62	Total Credits Transferred		56
			Credits Remaining to Graduate after Transfer		67

¹Restricted Mathematics Elective - MATH 120 or higher. Course must be designated as both "SUNY General Education Mathematics" and "HVCC Liberal Arts and Sciences Mathematics" course.

²Recommended 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.

³Restricted American History Elective - HIST 110, HIST 111, HIST 115, or HIST 139

⁴Restricted Western Civilization Elective - HIST 100, HIST 101, HIST 130, or HIST 137

⁵Restricted General Education Elective - Course must be designated as "SUNY General Education course" from one of the following categories AR, FL, HU, or OC.

⁶Restricted PHED Electives - PHED 132, PHED 141, PHED 142, PHED 146, PHED 149 and PHED 250 or by permission of Department Chair.