

**HARRISBURG AREA COMMUNITY COLLEGE (HACC) & SHIPPENSBURG UNIVERSITY (SHIP)**  
**TRANSFER GUIDE FOR EXERCISE SCIENCE A.A. (#3121) AT HACC**  
**TO EXERCISE SCIENCE B.S. AT SHIPPENSBURG UNIVERSITY**

HACC COURSE	CRS.	SHIP EQUIV. COURSE /AREA SATISFIED	CRS.
<b>General Education Requirements (31 Credits)</b>			
ENGL 101 English Composition I	3	ENG 114 Academic Writing <sup>W</sup>	3
ENGL 102 English Composition II	3	GEN 028 Gen Ed Trans Crtvty&Expr-Lit <sup>L</sup>	3
COMM 101 Effective Speaking	3	HCS 100 Intro to Human Communication <sup>O</sup>	3
H&A: (choose one) Art 181, 182, HUM 101, MUS 104, THTR 101, SPN, FRCH, GRMN, or ARAB	3	Gen Ed: Arts <sup>A</sup> or Foreign Language <sup>F</sup>	3
Mathematics Elective: MATH 202	4	MAT 117 B Applied Statistics B <sup>O</sup> / Required <sup>5</sup>	4
Sci Elec: ENV5 201 Intro to Envi Sci	3	ESS 108 Gen Ed: Citizenship <sup>S</sup>	3
Science w Lab: BIOL 121	4	BIO 237 Anatomy & Physiology I <sup>N</sup> / Required <sup>4, 5</sup>	4
S&BS: PSYC 101 General Psychology	3	PSY 101 General Psychology <sup>D</sup> / Required	3
First-Year Seminar Elective	1	Elective <sup>3</sup>	1
Wellness – PE 201 Living Fit & Well	3	Elective <sup>3</sup>	3
<b>Major Requirements (20 Credits)</b>			
BIOL 122 Anatomy & Physiology II	4	BIO 238 Anatomy & Physiology II/ Required <sup>4, 5</sup>	4
CHEM 101 General Inorganic Chem. I	4	CHM 121 & 125 Chemical Bonding/ Required <sup>N</sup>	4
EXSC 102 Intro to Exercise Science	3	ESC 150 Intro to Exercise Science/ Required <sup>5</sup>	3
EXSC 202 Functional Anatomy & Physiology	3	ESC 244 Movement Science & Skill Analysis/ Required <sup>5</sup>	3
HLTH 101 Healthful Living	3	Elective <sup>3</sup>	3
NUTR 104 Nutrition	3	ESC 260 Principles of Nutrition/ Required <sup>5</sup>	3
<b>Program-Specific Electives (9 Credits)</b>			
PHYS 201 w/ Lab	4	PHY 121 Intro Physics & 123 Lab <sup>N</sup> / Required	4
Choose additional courses based on recommendation of SU transfer advisor <sup>7</sup>	5		5
<b>PROGRAM TOTAL CREDITS</b>			
	<b>60</b>	<b>TRANSFERABLE CREDITS</b>	<b>60</b>

**Overview of Shippensburg University's General Education Program**

The General Education Program at Shippensburg University comprises 45 of the credit hours required for graduation. It consists of 5 themes with 2-3 required course goals in each theme

-Foundations: 15 credits (3 credit first-year seminar not currently required for transfer students)

- Writing<sup>W</sup>, Oral Communication<sup>O</sup>, History<sup>H</sup>, Quantitative<sup>Q</sup>

-Interconnections: 9 credits required from 3 goals with at least 3 credits required in Diversity and 3 credits in Global Perspectives

- Diversity<sup>D</sup>, Global Perspectives<sup>G</sup>, Foreign Language<sup>F</sup>

-Citizenship & Responsibility: 6 credits required with no more than 1 course from the same goal category

- Citizenship<sup>S</sup>, Ethical Reasoning<sup>E</sup>, Critical Reasoning<sup>R</sup>

-Natural World & Technology: 9 credits required with at least 6 credits completed in the Natural World category

- Natural World<sup>N</sup>, Technology<sup>T</sup>

-Creativity & Expression: 6 credits required with at least 3 credits required in the Literature category

- Literature<sup>L</sup>, Arts<sup>A</sup>, Creative<sup>C</sup>

**-OVER-**



## **HARRISBURG AREA COMMUNITY COLLEGE & SHIPPENSBURG UNIVERSITY TRANSFER GUIDE FOR EXERCISE SCIENCE**

### **NOTES (IMPORTANT, PLEASE READ)**

1. Additional transfer credits may be taken at HACC for transfer to Shippensburg. Please speak with your advisor and/or the SHIP transfer advisor for advisement on additional coursework.
2. 0-Level courses do not count toward graduation requirements and will not transfer.
3. The Exercise Science B.S. at SHIP allows 10-20 free electives, depending on internship credits done at SHIP.
4. The Exercise Science major offers two different concentrations, Allied Health Pre-Professional and Human Performance & Fitness. The transfer requirements for the Allied Health Pre-Professional Concentration are the completion of 15 credits, a QPA of 2.50 or higher, and BIO 161 or 162 or 237 completed with a C or better. The transfer requirements for the Human Performance & Fitness Concentration are 15 credits, QPA of 2.00 or higher, and any BIO, CHM, or PHY course completed with a C or higher. Selection is competitive and students will be selected from those who fulfill the above requirements. It is strongly recommended that the equivalents of BIO 237 and BIO 238 (Anatomy and Physiology I and II) be completed prior to transferring.
5. BIO 238, ESC 150, ESC 244, ESC 260, and MAT 117 (HACC BIOL 122, EXSC 102, EXSC 202, NUTR 104, and MATH 202) must be completed with a C or higher.
6. Courses for Shippensburg University have been selected by joint agreement of HACC and SHIP. However, curricula are subject to change. This guide should be used with the assistance of a HACC Counselor/Advisor. Following the guide does not guarantee transfer of credit or admission into Shippensburg University. Please speak with your advisor and/or the SHIP transfer advisor if you have any questions. A transfer advisor from Shippensburg University visits the HACC campus regularly throughout the academic year. Call the SHIP Office of Admissions or check the SHIP website at [www.ship.edu](http://www.ship.edu) for the specific day and time.
7. Students who intend to go to graduate school in the health professions (i.e. Physical Therapy, Occupational Therapy, etc.) should finish the Physics and Chemistry sequence by taking CHEM 102 w lab and PHYS 202 w lab. Students should work with their advisor in taking remaining required program specific electives.

### **FOR FURTHER INFORMATION CONTACT**

**Dr. Sam Forlenza**  
**Department Chair, Associate Professor**  
**Exercise Science Department**  
**Shippensburg University**  
[exsci@ship.edu](mailto:exsci@ship.edu)  
(717) 477-1721  
[www.ship.edu/ExerciseScience](http://www.ship.edu/ExerciseScience)

**Mr. Damian Morales**  
**Assistant Director of Admissions**  
  
**Shippensburg University**  
[dmorales@ship.edu](mailto:dmorales@ship.edu)  
(717) 477-1231 or 800-822-8028  
[www.ship.edu/admissions/transfers](http://www.ship.edu/admissions/transfers)

**Mr. Roberto Marti Jr.**  
**Coordinator, Transfer Services**  
  
**Harrisburg Area Community College**  
[transfer@hacc.edu](mailto:transfer@hacc.edu)  
(717) 736-4227 or  
(717) 780 - 2498