

Articulation Agreement
Berkshire Community College to Springfield College
A.S. in Allied Health: Physical Fitness¹ / B.S. in Applied Exercise Science (AEXS)

Berkshire Community College			Springfield College (Major requirements in bold)		
AHS 142	Exercise Science	3	AEXS ELE	Applied Exercise Science Elective	3
AHS 148	Responding to Medical Emergencies	2	EMSM ELE	Emergency Medical Services Elective	2
AHS 150	Introduction to Nutrition	3	NUSC 261	Introduction to Nutrition	3
AHS 155	Stress and Your Health	3	HLTH ELE	Health Elective	3
AHS 220	Principles of Fitness Components	3	AEXS ELE	Applied Exercise Science Elective	3
AHS 235	Fitness Program Planning	3	AEXS ELE	Applied Exercise Science Elective	3
AHS 238	Mind/Body Theories and Methods	3	HLTH ELE	Health Elective	3
BIO 201	Anatomy and Physiology I	4	BIOL 130/132	Anatomy and Physiology Concepts w/ Lab I	4
BIO 202 ³	Anatomy and Physiology II	4	BIOL 131/133	Anatomy and Physiology Concepts w/ Lab II	4
COM 105	Introduction to Oral Communication	3	COMM ELE	Communication Elective	3
ENG 101	Composition I	3	ENGL 113	College Writing I	3
ENG 102	Composition II	3	ENGL 114	College Writing II	3
MAT 136 ⁴	Math for Health Sciences	3	QUAN 162	Quantitative Reasoning Gen. Ed.	3
PED 135	Functional Training Workout	2	MOST ELE	Movement and Sport Studies Elective	2
PED 136	Weight Training	1	PEAC 122	Weight Training	1
PED 137	Cardio Fit	1	PECP 211	Aerobic Activities	1
PED 144	Stretching and Flexibility	1	PEAC ELE	Physical Activity Elective	1
PED 152	Group Exercise Instruction	2	PEAC ELE	Physical Activity Elective	2
PED 161	Advanced Strength Training	1	PEPC 125	Health Fitness Resistance Training	1
PED 170	Personal Trainer	3	AEXS ELE	Applied Exercise Science Elective	3
PED 180	Fitness for Life	2	PEPC 100	Fitness for Life	2
PED 196 ²	Practicum I	1	No credit awarded		0
PED 197 ²	Practicum II	1	No credit awarded		0
PED 207	Prevention & Care of Exercise Injuries	2	ATRN ELE	Athletic Training Elective	2
PED 241	Advanced Practicum I	1	AEXS 284	On-Campus Practicum	1
PED 242	Advanced Practicum II	1	AEXS ELE	Applied Exercise Science Elective	1
PED 250	Psychology of Sport	3	MOST 328	Psychology of Sport	3
PSY 107	Introductory Psychology	3	PSYC 101	Introduction to Psychology	3

Total Credits: 65

Total credits: 63

1. Students who have earned an AA or AS degree will have fulfilled the general education program at Springfield College. They are guaranteed a minimum of 60 transfer credits, and all general education requirements will be waived, save for those which are also major requirements. Students must still meet the minimum residency of 45 credits taken at SC.
2. Practicum courses are generally not transferable to Springfield College; an exception has been made for the Advanced Practicum requirements for the A.S. in Physical Fitness.
3. Anatomy and Physiology II should be taken as the general education elective course for the A.S. degree. This course is typically taken by freshmen in AEXS at Springfield College.
4. While MAT 136 will satisfy the degree requirements for the A.S. in Physical Fitness, students in the AEXS program at Springfield College will require College Algebra or greater, before advancing into Physics for Movement Science. Students may choose to take MAT 102 at BCC, an approved equivalent to Springfield College's MATH 115.

Springfield College Applied Exercise Science Requirements (2019-2020)

AEXS 101, Introduction to Applied Exercise Science (3 cr)
BIOL 130, Anatomy & Physiology Concepts I (3 cr)
BIOL 132, Anatomy & Physiology Concepts I Lab (1 cr)
BIOL 131, Anatomy & Physiology Concepts II (3 cr)
BIOL 133, Anatomy & Physiology Concepts II Lab (1 cr)
CHEM 101, Chemistry Survey (3 cr)
CHEM 102, Chemistry Survey Lab (1 cr)
MOSK 101, Outdoor Pursuits (1 cr)
MATH 115, College Algebra, or MATH 125, 131, or 140 (3 cr)
AEXS 313, Physiology of Exercise (3 cr)
AEXS 315, Physiology of Exercise Lab (0 cr)
PHYS 205, Physics for Movement Science (3 cr)
PHYS 207, Physics for Movement Science Lab (1 cr)
AEXS 284, On-Campus Practicum (1 cr)
AEXS 319, Kinesiology/Biomechanics (3 cr)
AEXS 321, Kinesiology/Biomechanics Lab (0 cr)
AEXS 335, Measurement and Evaluation (3 cr)
AEXS 360, Exercise Testing and Prescription (3 cr) should be taken fall of 3rd year
AEXS 362, Exercise Testing and Prescription Lab (0 cr)
AEXS 465, Exercise Testing and Prescription for Special Populations (3 cr) – prerequisite is AEXS 360
NUSC 261, Introduction to Nutrition (3 cr)
PEPC 125, Health Fitness Resistance Training (1 cr)
AEXS 350, Internship I (2 cr)
AEXS 401, Management of Health/Fitness Programs (3 cr)
AEXS 410, Senior Seminar (3 cr)
AEXS 486, Internship II (9 cr)

*Select **one** of the following:*

NUSC 361, Applied Nutrition (3 cr)
AEXS 540, Sports Nutrition (3 cr) should be taken 4th year

*Select **one** of the following:*

AEXS 470, Strength and Conditioning (3 cr) should be taken 4th year
AEXS 561, Electrocardiogram Interpretation and Graded Exercise Testing (3 cr) should be taken 4th year

*Select **one** of the following:*

PEPC 146, Principles of Group Fitness Instruction (1 cr)
PEPC 211, Aerobic Activities (.5 cr)

Plus any electives to total a minimum of 120 credits for your career and fulfill the College's residency requirement of 45 credits, including 15 of your last 30.