

Articulation Agreement
Suffolk Community College to Springfield College
A.S. in Fitness Specialist¹ / B.S. in Applied Exercise Science (AEXS)

Suffolk Community College

BIO 130	Anatomy and Physiology I	4
BIO 132	Anatomy and Physiology II	4
BIO 245	Kinesiology	4
COL 101	College Seminar	1
ENG 101	Standard Freshman Composition	3
ENG 102	Introduction to Literature	3
HIS XXX	Choose from HIS 101, 102, 103 or 104 (recommended) , or HIS 106, 107, 110, 201, 205 or 225	3
HSC 112	Safety, First Aid and CPR	3
PED 132	Adventure Fitness	1
PED 190	Intro to Physical Education, Fitness and Sport	3
PED XXX	Choose from PED 113, 126, 130, 144, 147, 174 or 175	1
PED XXX	Choose from PED 113, 126, 130, 144, 147, 174 or 175	1
PFS 113	Exercise Leadership and Concepts of Aerobic Conditioning	2
PFS 114	Overview of Fitness and Facility Management	3
PFS 201	Exercise Leadership and Concepts of Muscle Conditioning	2
PFS 205	Fitness Assessment and Screening	2
PFS 211	Nutrition and Human Performance	3
PFS 212	Injury Prevention and Management	3
PFS 217	Fieldwork in Fitness	3
PSY 101	Introduction to Psychology	3
MAT XXX	Choose from MAT 111, 124, 126, 131 or 141² (recommended)	3-4
SUNY – General Education Elective		3
SUNY – General Education Elective		3
SUNY – Foreign language/Arts		3

Total Credits: 64-65

Springfield College (Major requirements in bold)

BIOL 130/132	Anatomy and Physiology Concepts w/ Lab I	4
BIOL 131/133	Anatomy and Physiology Concepts w/ Lab II	4
AEXS ELE	Substitute for AEXS 319 w/ 321	4
SPCO ELE	Springfield College Elective	1
ENGL 113	College Writing I	3
ENGL 114	College Writing II	3
SC coding depends on which course is taken		3
EMSM ELE	Emergency Medical Services Elective	3
PEAC 162	Physical Activity Elective	1
MOST ELE	Movement and Sport Studies Elective	3
SC coding depends on which course is taken		1
SC coding depends on which course is taken		1
PEAC 162	Substitute for PEPC 146	2
AEXS ELE	Applied Exercise Science Elective	3
PEPC 125	Health Fitness Resistance Training	2
AEXS ELE	Applied Exercise Science Elective	2
NUSC ELE	Substitute for NUSC 261	3
ATRNL ELE	Athletic Training Elective	3
AEXS 284	On Campus Practicum	3
PSYC 101	Introduction to Psychology	3
SC coding depends on which course is taken		3-4
SC coding depends on which course is taken		3
SC coding depends on which course is taken		3
SC coding depends on which course is taken		3

Total credits: 64-65

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. While other MAT courses may satisfy the degree requirements for the A.S., 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 141 at Suffolk CC, 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.