



Suggested Transfer Pathway
Montgomery College A.A. in Arts and Sciences,
Exercise Science Track to Salisbury University
B.S. in Exercise Science



Catalog Year: 2017-2018 (Courses may be taken in any order)

0 – 35 Credits, or two semesters w/ summer @ MC

Fall Semester	Cr
ENGL 101 Intro to College Writing*	3
BIOL 150 Principles of Biology I	4
PHED 228 Group Fitness Instructor Training	3
HLTH 220 Emergency Medical Responders	3
PHED 166 Personal Fitness	1
HIST 114 or HIST116 World History	3
Total Credits	17

Spring Semester	Cr
ENGL 102 Critical Reading, Writing and Research	3
MATH 117 Statistics	3
PHED 206 Principles and Practices of Health Fitness	3
HIST 117 World History	3
HLTH 160 Science and Theory of Health	3
HLTH 225 Introduction to Health Behaviors	3
Total Credits	18

*Or HLTH elective, if ENGL101 not needed

36 – 70 Credits, or two semesters w/ summer @ MC

Fall Semester	Cr
BIOL 212 Anatomy and Physiology I	4
COMM 108 Intro. to Human Communication	3
PHED 230 Advanced Weight Training	3
PHED 237 Advanced Metabolic Assessment	3
PSYC 102 General Psychology	3
Total Credits	16

Spring Semester	Cr
BIOL 213 Anatomy and Physiology II	4
PHED 240 Personal Training Techniques	3
PHED 250 Prevention & Management of Ex. Injuries	3
SOCY 100 Introduction to Sociology	3
Arts Distribution (ENGL course if ENGL101 not taken)	3
HLTH Elective	3
Total Credits	19

Apply to graduate from Montgomery College with an [Associate of Arts in Arts and Sciences, Exercise Science Track](#)

Year Three – Salisbury University @ USG

Fall Semester	Cr
EXSC344: Exercise Physiology	4
HLTH317: Nutrition, Health, & Human Performance	4
EXSC300: Health Fitness Programs	4
Total Credits	12

Spring Semester	Cr
EXSC462: Exercise and Special Populations	4
HLTH325: Planning and Assessing Health Programs	4
EXSC333 Kinesiology	4
Elective	3
Total Credits	14

Year Four – Salisbury University @ USG

Fall Semester	Cr
HLTH311: Human Sexuality Education	4
HLTH401: Community Health	4
EXSC472: Stress Testing & Exercise Prescription	4
Total Credits	12

Spring Semester or Summer Term	Cr
EXSC479: Internship in Exercise Science	10
EXSC480: Exercise Science Credentialing	2
Total Credits	12

If students do not come in with the Montgomery College AA in Arts and Sciences, Exercise Science Track, the following course substitutions will apply:

Montgomery College Classes	Salisbury Equivalent
BIOL 212 Anatomy & Physiology I	BIOL 215 Anatomy & Physiology I
BIOL 213 Anatomy & Physiology II	BIOL 216 Anatomy & Physiology II
HLTH 160 The Science and Theory of Health	HLTH 110 Foundations of Health Education
HLTH 225 Introduction to Health Behaviors	HLTH 225 Health Behaviors
HLTH 220 Emergency Medical Responder and PHED 250 Prevention and Management of Exercise Injuries	EXSC 213 Prevention and Management of Exercise Injuries
PHED 237 Metabolic Testing & program design	EXSC 240 Fitness Testing
PHED 230 Advanced Weight Training	EXSC 250 Strength Training Tech and Program Design
PHED 228 Group Fitness Leader	EXSC 295 Fitness Instruction
PHED 206 Principles and Practices of Health Fitness	FTWL 106 Lifelong Fitness and Wellness