

APPENDIX 1.

COURSE EQUIVALENCY TABLE

Suffolk County Community College A.S. Exercise Science			SUNY Cortland B.S. Exercise Science		
Course #	Course Title	Credits Granted	Course #	Course Title	Credits Accepted
ENG 101	Freshman Composition	3	CPN 100	Writing Studies I	3
COL 101	College Seminar	1	COR 1XX	Elective	1
SUNY GER	SUNY GER Elective	3-4	SUNY GER	SUNY GER Elective	3-4
COM 105	Public Speaking	3	COM 210	Fundamentals of Public Speaking	3
EXS 100	Intro to Exercise Science	3	EXS 100	Intro to Kinesiology	3
PSY 100	Intro to Psychology	3	PSY 101	Intro to Psychology	3
ENG 102	Intro to Literature	3	CPN 101	Writing Studies II	3
MAT 103	Statistics	3	MAT 201	Statistical Methods	3
HSC 110	Medical Terminology	3	EXS 344	Medical Terminology	3
BIO 130	Anatomy & Physiology I	4	BIO 301	Anatomy & Physiology I	4
BIO 132	Anatomy & Physiology II	4	BIO 302	Anatomy & Physiology II	4
EXS 215	Essentials of Strength Training & Conditioning	3	EXS 325	Principles of Strength & Conditioning	3
HIS 104	Modern American History	3	HIS 201	American History	3

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PFS 211	Nutrition & Human Performance	3		EXS 357	Nutrition & Sports Performance	3
BIO 245	Kinesiology	4		EXS 315	Anatomical Kinesiology	3
PSY 202	Sports Psychology	3		EXS 346	Sports Psychology	3
PED 192	Critical Sports Studies	3		EXS 290	Social Problems & Issues in Sports and Exercise	3
PFS 212	Injury Prevention	3		EXS 2XX	Elective	3
EXS 206	Fitness Testing & Exercise Prescription	3		EXS 2XX	Elective	3
EXS 217	Fieldwork in Fitness	3		EXS 2XX	Elective	3
EXS 102	Foundations in Fitness Programming	1		EXS 1XX	Activity Course	1
PED	PED Activity Course	1		PED 1XX	Activity Course	1
PED	PED Activity Course	1		PED 1XX	Activity Course	1
	Total Credits	64			Total Credits	64
					Remaining Credits after Transfer	56

APPENDIX 2.

SUNY Cortland
General Education and Degree Requirements for the
B.S. Degree in Exercise Science

SUNY Cortland Course	Credit Hours	Suffolk College Course	Credit Hours
Communication:			
CPN 100 Writing Studies I AND	3	ENG 101 Freshman Composition	3
CPN 101 Writing Studies II	3	ENG 102 Intro to Literature	3
Presentation Skills			
COM 210 Fundamentals of Public Speaking	3	COM 105 Public Speaking	3
Diversity: Equity, Inclusion and Social Justice			
EXS 290 Social Problems and Issues in Sports & Exercise	3	PED 192 Critical Sports Studies	3
Mathematics (and Quantitative Reasoning)			
MAT 201 Statistical Methods	3	MAT 103 Statistics	3
Natural Sciences (and Scientific Reasoning)			
BIO 301 Anatomy & Physiology I	4	BIO 130 Anatomy & Physiology I	4
BIO 302 Anatomy & Physiology II	4	BIO 132 Anatomy & Physiology II	4
Humanities	3	GE Elective	3
Social Sciences			
PSY 101 Introductory Psychology	3	PSY 100 Introduction to Psychology	3
The Arts	3		
US History and Civic Engagement			
HIS 201 American History	3	HIS 104 Modern American History	3
World History and Global Awareness	3		
World Language	3		

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Science, Technology, Values & Society	3	Waived for Transfer Students with 20+ transfer credits	-----
AS or AA degree - GE requirements complete	30		30
Writing Intensive course	3	No equivalent allowed	
Writing Intensive course	3	No equivalent allowed --- will be fulfilled by one EXS course below	-----
	46-47		
		Credits to complete at Cortland	6

Math and Science Requirements

SUNY Cortland Course	Credit Hours	Suffolk College Course	Credit Hours
MAT 121 Calculus A or MAT 135 Calculus I	3-4		
EXS 201 Statistics in Exercise Science	3	MAT 103 Statistics	Credits listed above
BIO 301 Human Anatomy and Physiology I	4	BIO 130 Anatomy & Physiology I	Credits listed above
BIO 302 Human Anatomy and Physiology II	4	BIO 132 Anatomy & Physiology II	Credits listed above
CHE 227/277 General Chemistry I	4		
CHE 228/278 General Chemistry II	4		
Physics Sequence: either PHY 105 Elementary Mechanics and Heat AND PHY 106 Elementary Electricity, Light and Sound OR	4 4		

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PHY 201 Principles of Physics I AND	4		
PHY 202 Principles of Physics II	4		
	30-31		0
		Credits to complete at Cortland	19

Exercise Science Theory Requirements

SUNY Cortland Course	Credit Hours	Suffolk College Course	Credit Hours
EXS 100 Introduction to Kinesiology	3	EXS 100 Introduction to Exercise Science	3
EXS 111 Computer Applications in Exercise Science	3		
EXS 250 Research Skills in Kinesiology	3		
EXS 290 Social Problems and Issues in Sport & Exercise	3	PED 192 Critical Sports Studies	3
EXS 310 Ethical Issues in Kinesiology	3		
EXS 346 – Sport Psychology OR EXS 367 – Exercise Psychology	3	PSY 202 Sports Psychology	3
EXS 380 Motor Control and Learning	3		
EXS 387 Biomechanics	3		
EXS 397 Exercise Physiology	3		
	27		
		Credits to complete at Cortland	18

Exercise Science Electives

SUNY Cortland Course	Credit Hours	Suffolk College Course	Credit Hours
<i>Choose 4 courses from the following:</i>			
EXS 225 Digital Video for Kinesiology	3		
EXS 315 Anatomical Kinesiology	3	BIO 245 Kinesiology	4
EXS 325 Principles of Strength and Conditioning	3	EXS 215 Essentials of Strength Training & Conditioning	3
EXS 344 Medical Terminology	3	HSC 110 Medical Terminology	3
EXS 356 Performance Enhancing Drugs in Sport	3		
EXS 357 Nutrition and Sport Performance	3	PFS 211 Nutrition & Human Performance	3
EXS 415 Emergency Management	3		
EXS 432 Exercise Prescription	3		
EXS 435 Neuromuscular Fitness Assessment and Programming	3		
EXS 438 Cardio-Respiratory Fitness Assessment and Programming	3		
EXS 449 Advanced Motor Behavior	3		
EXS 465 Advanced Exercise Physiology	3		
EXS 477 Practicum in Kinesiology	3		
EXS 487 Advanced Biomechanics	3		
EXS 489 Exercise Science Research Methods	3		
EXS 490 Independent Research in Exercise Science	3		
	12		13
		Credits to complete at Cortland	0

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Electives

SUNY Cortland Course	Credit Hours	Suffolk College Course	Credit Hours
PED 1XX Elective	1	PED activity course	1
EXS 2XX Elective	3	PFS 212 Injury Prevention	3
EXS 2XX Elective	3	EXS 206 Fitness Testing & Exercise Prescription	3
EXS 2XX Elective	3	EXS 217 Fieldwork in Fitness	3
COR 1XX Elective	1	COL 101 College Seminar	1
EXS 1XX Elective	1	EXS 102 Foundations in Fitness Programming	1
PED 1XX Elective	1	PED activity course	1
	16-20	Total Transfer Elective Credits	16
Credits Required for Graduation	120	Total Transfer Credits	64
		Total Credits to complete at Cortland	56

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