

Suffolk County Community College – Transfer Advisement Guide  
AS Degree in Physical Education Studies to Transfer to  
BSED Physical Education - SUNY Cortland  
Date: 2025

Suffolk CCC CURRICULUM	SUNY CORTLAND EQUIVALENT/RECOMMENDATIONS
<b>First Semester: 14 cr. hr.</b>	
COL 101 College Seminar (1 cr. hr.)	COR 1XX Elective (1 cr. hr.)
ENG 101 Standard Freshman Composition (3 cr. hr.)	CPN 100 Writing Studies I (3 cr. hr.)
PED 132 Adventure Fitness (1 cr. hr.)	PED 181 Adventure Activities (1 cr. hr.)
PED 190 Intro to Physical Education, Fitness & Sport (3 cr. hr.)	EXS 197 History and Philosophy of Physical Education and Sport (3 cr. hr.)
SUNY GE Elective (3 cr. hr.)	SUNY GE Elective (3 cr. hr.)
SUNY GE The Arts or World Languages (3 cr. hr.)	SUNY GE Elective (3 cr. hr.)
<b>Second Semester: 17 cr. hr.</b>	
BIO 130 Anatomy & Physiology I (4 cr. hr.) or BIO 246 Anatomy and Physiology of Human Movement (4 cr. hr.)	BIO 301 Human Anatomy & Physiology I (4 cr. hr.) or BIO 206 Fundamentals of Human Anatomy and Physiology (4 cr. hr.)
ENG 102 Introduction to Literature (3 cr. hr.)	CPN 101 Writing Studies II (3 cr. hr.)
HSC 101 Health Concepts (3 cr. hr.)	HLH 110 Personal and Community Health (3 cr. hr.)
HIS 104 Modern American History (3 cr. hr.)	HIS 201 The United States Since 1877 (3 cr. hr.)
PED 201 Methodology of Team Sports (1 cr. hr.)	PED 180 Team Sports Methods (1 cr. hr.)
PSY 101 Intro to Psychology (3 cr. hr.)	PSY 101 Introductory Psychology (3 cr. hr.)
<b>Third Semester: 16</b>	
BIO 132 Anatomy & Physiology II (4 cr. hr.) or elective	BIO 302 Human Anatomy & Physiology II (4 cr. hr.) or elective
COM 105 Public Speaking (3 cr. hr.)	COM 210 Fundamentals of Public Speaking (3 cr. hr.)
PED 130 Lifetime Fitness (1 cr. hr.)	PED 282 Health Related Physical Fitness (1 cr. hr.)
PED 155 Intro to Swimming (1 cr. hr.)	PED 189 Aquatics (1 cr. hr.)
PED 202 Methodology of Racket Sports (1 cr. hr.)	PED 283 Racket Activities (1 cr. hr.)
PFS 205 Fitness Assessment and Screening (2 cr. hr.)	Elective (2 cr. hr.)
MAT 103 Statistics I (3 cr. hr.)	MAT 201- Statistical Methods (3 cr. hr.)
PED 133 Social Dance (1 cr. hr.)	PED 388 Rhythms and Dance (1 cr. hr.)
<b>Fourth Semester: 17</b>	
PSY 220 Educational Psychology (3 cr. hr.)	PSY 332 Educational Psychology 3 cr. hr.
HSC 112 First Aid, Safety & CPR (3 cr. hr.)	HLH 120 Responding to Emergencies (2 cr. hr.)
PED 191 Aspects of Coaching (3 cr. hr.)	EXS 230 Foundations of Coaching Principles and Theories (3 cr. hr.)

PED 203 Methodology of Lifetime Activities (1 cr. hr.)		PED 257 Lifetime Activities in Physical Education (1 cr. hr.)
PFS 211 Nutrition & Human Performance (3 cr. hr.)		EXS 357 Nutrition and Sports Performance (3 cr. hr.)
PED 192 Critical Sports Studies (3 cr. hr.)		EXS 290 Social Problems and Issues in Sport and Exercise (3 cr. hr.)
PED Activity Elective (1 cr. hr.)		PED 1XX Activity Elective (1 cr. hr.)
<b>Total Credits: 64</b>		

**SUNY Cortland**  
**General Education and Degree Requirements for the**  
**B.S.Ed. Degree in Physical Education**

**Transfer Courses from Suffolk CCC**

**General Education and Degree Requirements**

SUNY Cortland Course	Credit Hours	Suffolk CCC: Transfer College Course	Credit Hours
Communication: CPN 100 Writing Studies I AND CPN 101 Writing Studies II	3 3	ENG 101 Freshman Composition AND ENG 102 Intro to Literature	3 3
Presentation Skills: Fulfilled by required EDU 255 (Cortland) -- Basics of Effective Instruction in Physical Education (Presentation Skills)	3	COM 105 Public Speaking	3
Diversity, Equity, Inclusion and Social Justice EXS 290 -- Social Problems and Issues in Sports and Exercise	3	PED 192 Critical Sport Studies  HIS 104 Modern American History	3
Mathematics (and Quantitative Reasoning)	3	MAT 103 Statistics	3
Natural Sciences (and Scientific Reasoning) BIO 301 Anatomy & Physiology I	4	BIO 130 Anatomy & Physiology I or BIO 246 Anatomy and Physiology of Human Movement	4
Humanities	3	GE Elective	3
Social Sciences PSY 101 Introductory Psychology	3	PSY 101 Introduction to Psychology I	3
The Arts	3	SUNY GE The Arts or World Languages	3
US History and Civic Engagement HIS 201 United States Since 1877	3	HIS 104 Modern American History	3
World History and Global Awareness	3		
World Language	3		
Science, Technology, Values & Society	3	Waived for Transfer Students with 20+ transfer credits	-----
<b>AS or AA degree - GE requirements complete</b>	<b>30</b>		<b>30</b>
GE 11: Prejudice and Discrimination	3	Waived for Transfer Students with 35+ transfer credits	
GE 12: Science, Technology, Values & Society	3	Waived for Transfer Students with 35+ transfer credits	
BIO 301 Anatomy and Physiology I or BIO 206 Fundamentals of Human Anatomy and Physiology	4	BIO 130 Anatomy & Physiology I or BIO 246 Anatomy and Physiology of Human Movement	Credits above
BIO 302 – Anatomy and Physiology II	4	BIO 132 Anatomy & Physiology II	4
PSY 332 – Educational Psychology	3	PSY 220 Educational Psychology	3
Writing Intensive course	3	No equivalent allowed – fulfilled by one required PED course	Credits below
Writing Intensive course	3	No equivalent allowed	
	<b>17</b>	Credits to complete at Cortland	<b>3</b>

**Professional Block: 2.8 GPA at Cortland required**

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
EDU 255 – Basics of Effective Instruction in Physical Education (Presentation Skills)	3	No Equivalent Allowed	
EDU 256 – Seminar for Field Experience	1	No Equivalent Allowed	
EDU 355 – The Physical Education Curriculum: Planning and Practice	3	No Equivalent Allowed	
EDU 454 – Pre-Student Teaching Conference in Physical Education	1	No Equivalent Allowed	
EDU 456 – Undergraduate Student Teaching and Seminar in Physical Education Part I	7	No Equivalent Allowed	
EDU 457 Undergraduate Student Teaching and Seminar in Physical Education Part II	7	No Equivalent Allowed	
PED 201 – Motor Development	3	No Equivalent Allowed	
PED 321 – Movement Education	3	No Equivalent Allowed	
PED 356 – Adapted Physical Education and Sport	3	No Equivalent Allowed	
	<b>31</b>		0
		Credits to complete at Cortland	31

**Professional Education**

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
EDU 470 -- Foundations and Organization of Modern Education (Writing Intensive)	3	No Equivalent Allowed	
HLH 110 – Personal and Community Health	3	HSC 101 Health Concepts	3
HLH 120 – Responding to Emergencies	2	HSC 112 First Aid, Safety, and CPR	3
EXS 230 Foundations of Coaching: Principles and Theories (3 cr) <b>OR</b> One course from PED 404-418 Coaching Clinics (2 cr)	3 OR 2	PED 191 Aspects of Coaching (Suffolk) equiv. EXS 230 (Cortland)	3
	<b>10-11</b>		9
		Credits to complete at Cortland	3

**Physical Education Theory**

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
EXS 197 – History and Philosophy of Physical Education and Sport	3	PED 190 -- Intro to Physical Education, Fitness, and Sport	3
EXS 380 – Motor Behavior	3		
EXS 387 – Biomechanics	3		
EXS 397 – Exercise Physiology	3		
PED 101 -- Intro to Contemporary Physical Education	1		
PED 308 – Outdoor Adventure Education for Teachers	3		
PED 382 – School-Based Fitness Programming	3		
PED 434 – Statistics and Assessment in Physical Education (fulfills GE 1, Quantitative Skills)	3		
<b>Choose one course from the following:</b>	3		
EXS 287 – Social Psychological Aspects of Physical Activity			
EXS 290 – Social Problems and Issues in Sport and Exercise		PED 192 Critical Sport Studies	Credits above
EXS 345 – Sport and Society			

EXS 346 – Sport Psychology			
EXS 367 – Exercise Psychology			
EXS 410 – Ethics in Sport			
EXS 420 – History of Physical Activity and Sport in American Culture			
	25		3
		Credits to complete at Cortland	19

**Physical Education Activities: 15 activity credit maximum to count toward major**

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
PED 180 – Team Sport Methods	1	PED 201 Methodology of Team Sports	1
PED 181 – Adventure Activities	1	PED 132 Adventure Fitness	1
PED 189 – Aquatics	1	PED 155 Intro to Swimming	1
PED 253 – Inclusive Activities in Physical Education	1		
PED 257 – Lifetime Activities in Physical Education	1	PED 203 Methodology of Lifetime Activities	1
PED 282 – Health Related Physical Fitness	1	PED 130 Lifetime Fitness	1
PED 283 – Racket Activities	1	PED 202 Methodology of Racket Sports	1
PED 381 – Sport Models in Physical Education	1		
PED 384 – Self Defense	1		
PED 385 – Gymnastics Activities for School Settings	1		
PED 388 – Rhythms and Dance	1	PED 133 Social Dance	1
One Activity elective	1	PED activity elective	1
	12		8
		Credits to complete at Cortland	5

**Electives**

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
Elective	2	PFS 205 Fitness Assessment and Screening	2
Elective	1	COL 101 College Seminar	1
EXS 357 Nutrition and Sports Performance	3	PFS 211 Nutrition & Human Performance	3
		<b>Total Transfer Elective Credits</b>	6
<b>Credits Required for Graduation</b>	126	<b>Total Transfer Credits</b>	63
		<b>Total Credits to complete at Cortland</b>	61