

**HARRISBURG AREA COMMUNITY COLLEGE (HACC) & SHIPPENSBURG UNIVERSITY (SHIP)  
TRANSFER GUIDE FOR EXERCISE SCIENCE-PHYSICAL EDUCATION A.A. (#3121) AT HACC  
TO EXERCISE SCIENCE B.S. AT SHIPPENSBURG UNIVERSITY**

<b>HACC COURSE</b>	<b>CRS.</b>	<b>SHIPPENSBURG UNIV. EQUIV. COURSE /AREA SATISFIED</b>	<b>CRS.</b>
<b>General Education Requirements (34 Credits)</b>			
ENGL 101 English Composition I	3	ENG 114 Writing Intensive First Year Seminar <sup>R</sup>	3
ENGL 102 English Composition II	3	ENG 250 Introduction to Literature <sup>B</sup>	3
COMM 101 Effective Speaking	3	HCS 100 Intro to Human Communication <sup>R</sup>	3
Core A: (choose one) HUM 101, MUS 102, MUS 104, THTR 101, SPN, FRCH, GRMN, or ARAB	3	General Education Requirement <sup>B</sup>	3
Core B: SOCI 201 Intro to Sociology	3	SOC 101 Introduction to Sociology <sup>E</sup>	3
Core B: PSYC 101 General Psychology	3	PSY 101 General Psychology <sup>E</sup>	3
Core C Math: MATH 202 Statistics	4	MAT 117 Applied Statistics/Required <sup>R</sup>	4
Core C: CHEM 100 or CHEM 101 <sup>5</sup>	4	General Education Requirement <sup>C</sup>	4
Core C: PHYS 201 General Physics I	4	PHY 121 Introductory Physics I/Required <sup>C</sup>	4
Gen Ed Transfer Elective: (choose one): ECON, GEOG 201, GP 201, or GP 205	3	General Education Requirement <sup>D</sup>	3
Physical Education & Wellness	1	Elective <sup>2</sup>	1
<b>Major Requirements (32 Credits)</b>			
BIOL 121 Anatomy & Physiology I	4	BIO 237 Anatomy & Physiology I/Required <sup>C</sup>	4
EXSC 102 Intro to Exercise Science	3	ESC 250 Introduction to Kinesiology/Required	3
EXSC 202 Functional Anatomy & Exercise Physiology	3	ESC 244 Mechanical Analysis of Sport Skills/Required	3
EXSC 203 Testing & Measurement	3	Exercise Science Elective <sup>2</sup>	3
EXSC 206 Exercise Prescription	3	Exercise Science Elective <sup>2</sup>	3
EXSC 208 Instr & Personal Training	3	Exercise Science Elective <sup>2</sup>	3
HLTH 101 Healthful Living	3	Exercise Science Elective <sup>2</sup>	3
PE 201 Living Fit and Well	3	ESC 200 Lifestyle Management/Elective <sup>2</sup>	3
NUTR 104 Nutrition	3	Exercise Science Elective <sup>2</sup>	3
BIOL 122 Anatomy & Physiology II	4	BIO 238 Anatomy & Physiology II/Required	4
<b>PROGRAM TOTAL CREDITS</b>	<b>66</b>	<b>TRANSFERABLE CREDITS</b>	<b>59</b>

**Overview of Shippensburg University's General Education Program**

The General Education Program at Shippensburg University Comprises forty-eight of the credit hours required for graduation.

-Part 1: <sup>R</sup>Required Skills and Competencies (Basic Skills Requirements) 15 credits

- This specific set of courses is required to be completed by all students
- ENG 114, HCS 100, College Level Math, HIS 105, HIS 106

-Part 2: Categories of Knowledge

- <sup>A</sup>Category A Logic & Numbers for Rational Thinking (1 course – 3 credits)
- <sup>B</sup>Category B Linguistic, Literary, Artistic, & Cultural Traditions (3 courses – 9 credits)
- <sup>C</sup>Category C Biological & Physical Sciences (3 courses – 9 credits)
- <sup>D</sup>Category D Political, Economic, and Geographic Sciences (2 courses – 6 credits)
- <sup>E</sup>Category E Social and Behavioral Sciences (2 courses – 6 credits)

**HARRISBURG AREA COMMUNITY COLLEGE & SHIPPENSBURG UNIVERSITY  
TRANSFER GUIDE FOR EXERCISE SCIENCE**

**NOTES (IMPORTANT, PLEASE READ)**

1. Additional transfer credits may be taken at HACC for transfer to Shippensburg. Please speak with your advisor and/or the SU transfer advisor for advisement on additional coursework.
2. Exercise Science at SHIP requires a cumulative 2.5 GPA and one of the following courses completed with a C grade or higher: BIO 161 Principles of Biology: Cell Structure and Function, BIO 162 Principles of Biology: Organismal Diversity, or BIO 237 Anatomy & Physiology I. It is strongly recommended that the equivalent of BIO 237 and BIO 238 (Anatomy and Physiology I and II) be completed prior to transferring. The major allows for 6-12 free electives, depending on internship credit done at Ship. 0-Level courses **do not** count toward graduation requirements and **will not transfer**.
3. Courses for Shippensburg University have been selected by joint agreement of HACC and SU. However, curricula are subject to change. This guide should be used with the assistance of a HACC Counselor/Advisor. Following the guide does not guarantee transfer of credit or admission into Shippensburg University. Please speak with your advisor and/or the SU transfer advisor if you have any questions. A transfer advisor from Shippensburg University visits the Wildwood campus on a biweekly basis throughout the academic year. Call the SU Office of Admissions or check the SU website at [www.ship.edu](http://www.ship.edu) for the specific day and time.
4. In order to transfer into the Exercise Science program at Shippensburg, students must have at least a 2.75 cumulative GPA and have completed the equivalent of BIO 161, BIO 162, or BIO 237 with a C grade or higher. It is strongly recommended that students complete Anatomy & Physiology I & II prior to transferring.
5. Students looking to pursue Health Professions after graduating should take CHEM 101 or 103.

**FOR FURTHER INFORMATION CONTACT**

**Dr. Sally Paulson**  
Professor and Chair  
Exercise Science Department  
Shippensburg University  
[exsci@ship.edu](mailto:exsci@ship.edu)  
(717) 477-1721  
[www.ship.edu/ExerciseScience](http://www.ship.edu/ExerciseScience)

**Mr. Damian Morales**  
Assistant Dean of Admissions  
Shippensburg University  
[dmorales@ship.edu](mailto:dmorales@ship.edu)  
(717) 477-1231 or 800-822-8028  
[www.ship.edu/admissions/transfers](http://www.ship.edu/admissions/transfers)

**Mr. Jeffrey Newhard**  
Counselor/Associate Professor  
Harrisburg Area Community College  
[jnewhar@hacc.edu](mailto:jnewhar@hacc.edu)  
(717) 736-4227 or  
(717) 780 - 2498