

Suffolk Community College			Hofstra University		
<i>A.S. in Fitness Specialist</i>			<i>B.S. in Exercise Science</i>		
<b>First Semester</b>					
BIO 130	Anatomy and Physiology I	4	BIO 103	Human Anatomy and Physiology I	3
COL 101	Freshman Seminar	1.5	No Equivalent		0
COM 101	Introduction to Human Communication	3	SPCM 001	Oral Communication	3
ENG 101	Standard Freshman Composition	3	WSC 001	Composition	3
PFS 111	Nutrition and Human Performance	3	HPR 114	Applied Nutrition, Diet and Exercise	3
Physical Education Elective	Recommended: PE 55 or 56/PED 155 or 156	1-2	PESP Elective		1-2
<b>Total</b>		15.5-16.5	<b>Total</b>		13-14
<b>Second Semester</b>					
BIO 132	Anatomy and Physiology II	4	BIO 105	Human Anatomy and Physiology II	3
ENG 102	Introduction to Literature	3	WSC 002	Composition	3
HSC 112	Safety, First Aid and CPR	3	PESP 60	First Aid and Safety	3
PFS 113	Exercise Leadership and Concepts of Aerobic Conditioning	2	PESP 111B	Aerobic Dance	2
Physical Education Elective	Recommended PE 47 or 61/PED 147 or 161	1-2	PESP Elective		1-2
PSY 101	Introduction to Psychology	3	PSY 001 or 001A	Introduction to Psychology	3
<b>Total</b>		16-17	<b>Total</b>		15-16
<b>Third Semester</b>					
Humanities Elective		3	Humanities Elective	Liberal Arts Elective	3
Mathematics Elective		3-4	Mathematics Elective	Liberal Arts Elective	3-4
PFS 201	Exercise Leadership and Concepts of Muscle Conditioning	2	PESP 38B	Weight Training	1
PFS 205	Fitness Assessment and Screening	2	PESP 25	Fitness for Life	2
PFS 209	Kinesiology	3	PESP 106	Structural and Mechanical Kinesiology	3
Social Science Elective		3	SOC 004 or SOC Elective	Contemporary Society	3
<b>Total</b>		16-17	<b>Total</b>		15-16
<b>Fourth Semester</b>					
History Elective		3	History Elective	Liberal Arts Elective	3
Liberal Arts Elective	Recommended Subject: BIO	3-4	BIO Elective	Liberal Arts Elective	3-4
PFS 212	Injury Prevention and management	3	PESP 161	Care and Prevention of Athletic Injuries	3
PFS 214	Overview of Fitness and Facility management	3	PESP 889	PESP Elective	3
PFS 217	Fieldwork in Fitness	3	PESP 199	Practicum: Student Fitness Trainer	3
Unrestricted Elective	Recommended: PSY 205, 210, 211 or 214	3	PSY 89, 153, or 163	PSY Elective	3
<b>Total</b>		18-19	<b>Total</b>		18-19
	<b>Total Credits for A.S. Degree</b>	<b>65.5-69.5</b>		<b>Total Credits Transferrable to Hofstra</b>	<b>61-65</b>
	<b>Note:</b> A minimum of 15 semester hours in the major field of specialization, including two field experiences must be completed in residence at Hofstra.			<b>Note:</b> A maximum of 64 semester hours taken at a two year institution may be applied to this degree.	