



Transfer Advising Worksheet – Pathways
A.S. in Science for Health Education at Borough of Manhattan Community College to B.S. in Exercise Science, Option I at Lehman College, with potential 5th Year MS in Human Performance & Fitness

Effective Date: Spring 2022

Borough of Manhattan Community College:

Common Core	
<i>Required Common Core – 14 credits</i>	
English Composition	6
Mathematical & Quantitative Reasoning <i>MAT 206 Precalculus</i>	4
Life & Physical Sciences (<i>CHE 121 Fundamentals of General, Organic & Biological Chemistry I</i>)	4
<i>Flexible Core – 20 credits</i>	
World Culture & Global Issues	3
U.S. Experience in Its Diversity	3
Creative Expression	3
Individual & Society	3
Scientific World (<i>BIO 425 Anatomy and Physiology I AND BIO 426 Anatomy and Physiology II</i>)	8
<i>Total Common Core</i>	34
Associate Degree Major Requirements Remaining as Advised	
CHE 122 Fundamentals of General, Organic & Biological Chemistry	4
PHY 110 General Physics	4
Choose 11 credits from the following: BIO 420 Microbiology CHE 125 Fundamentals of Biochemistry SCI 150 Nutrition 3 OR HED 235 Nutrition for Health SCI 151 The Science of Food SCI 510 Pathophysiology SCI 530 Pharmacology	7
General Elective HED 235 Nutrition for Health and HED 201 Health Education and Wellness	11
<i>Total Associate Degree Major Credits</i>	26
<i>Total Program Credits</i>	60

Lehman College:

College Option	Credits
Choose two of the following: LEH 352 Studies in Literature LEH 353 Studies in the Arts LEH 354 Historical Studies LEH 355 Studies in Philosophy, Theory, and Abstract Thinking	6
Bachelor's Degree Major Requirements Remaining	
Option 1: Exercise and Movement Science EXS 264 Introduction to Exercise Science EXS 265 Behavioral Aspects of Physical Activity *EXS 315 Kinesiology and Biomechanics *EXS 316 Motor Learning EXS 323 Exercise Physiology *EXS 326 Exercise Testing and Prescription *EXS 342 Sports Nutrition EXS 423 Exercise Physiology II EXS 424 Principles and Practices of Fitness and Wellness Programming EXS 425 Theory and Methods of Strength and Conditioning EXS 427 Application of Training Principles EXS 430 Research Methods and Statistics in Exercise Science EXS 470 Internship in Exercise Science I EXS 471 Internship in Exercise Science II HSD 240 Nutrition and Health Major Electives (Select from EXS, REC, REH, DFN, HEA, HSA and/or HSD courses with approval of the adviser.)	42
Remaining credits in the Lehman major	42
General Electives	
Students should consult with an advisor when choosing elective courses to ensure that 60-credit Liberal Arts requirement is being satisfied.	12
Total Credits Earned at Lehman College	60
Total Credits Transferred from BMCC	60
Total credits Required for Bachelor's degree at Lehman College	120

***BS to MS Dual Credit Opportunity**

Undergraduate students majoring in Exercise Science with 90 or more credits and a minimum of a (3.0) cumulative index and (3.0) index in the major may be permitted to enroll in up to 12 credits of graduate coursework for the College's M.S in Human Performance & Fitness. The following graduate courses may be taken in place of related undergraduate courses: [EXS 504](#) for [EXS 326](#); [EXS 505](#) for [EXS 342](#); [EXS 615](#) for [EXS 315](#); [EXS 616](#) for [EXS 316](#). The student must receive permission from the department prior to registration.