MONTGOMERY COLLEGE

A.A. in Arts and Sciences, Exercise Science Area of Concentration

Salisbury UNIVERSITY

CATALOG YEAR: 2025-26

B.S. in Exercise Science

CREDITS	MONTGOMERY COLLEGE Requirements for Associate's Degree		SALISBURY UNIVERSITY Requirements for Bachelor's Degree
3	ENGL 101 Introduction to College Writing		ENGL ELE
3	MATH 117 Elements of Statistics or higher (MATF)		MATH 155
3	HLTH 220 Emergency Medical Responder*		HLTH ELE
3	PHED 206 Principles and Practices of Health-Related Fitness		HLSC 106
3	Humanities Distribution (HUMD)		GENE XXX
3	ENGL 102 or ENGL 103 (ENGF)		ENGL 103
4	BIOL 150 Principles of Biology I * (NSLD)		BIOL 201
3	HLTH 225 Introduction to Health Behaviors		HLTH 225
3	PHED 228 Group Fitness Instructor Training		EXSC FIN
3	HLTH 160 The Science and Theory of Health**		HLTH 110
4	BIOL 212 Human Anatomy and Physiology I *NSLD)		BIOL 215
3	COMM 108 Foundations of Human Communication		COMM 100
3	PHED 230 Advanced Weight Training: Theory and Program Design		EXSC 250
3	PHED 237 Fitness Assessment and Programming		EXSC 240
3	PSYC 100 General Psychology (BSSD)		PSYC 101
4	BIOL 213 Human Anatomy and Physiology II		BIOL 216
3	PHED 240 Personal Training Techniques		PHEC ELE
3	PHED 250 Prevention and Management of Exercise Injuries		EXSC 213
3	SOCY 100 Intro to Soc. or SOCY 243 The Soc. of Sport (BSSD)		SOCI 101 or SOCI SI
3	Arts Distribution (ARTD)		GENE XXX
60	**TOTAL CREDITS TRANSFERRED**		
63**	**Total for Students Interested in SU Public Health Minor**		

REMAINING SALISBURY UNIVERSITY DEGREE REQUIREMENTS RECOMMENDED SEQUENCE UPON TRANSFER WITH ASSOCIATE'S DEGREE	
EXSC 300 Health and Fitness Programs and Professions	4
EXSC 317 Nutrition, Health and Human Performance	4
EXSC 344 Exercise Physiology	4
Elective^	4
EXSC 333 Kinesiology	4
EXSC 462 Clinical Exercise Physiology	4
Elective^	4
Elective^	4
EXSC 472 Stress Testing and Exercise Prescription	4
Elective^	4
Elective^	4
Elective^	4
EXSC 479 Internship in Exercise Science	10
EXSC 480 Exercise Science Seminar	2
TOTAL CREDITS REMAINING AT SALISBURY UNIVERSITY	**60**

MONTGOMERY COLLEGE NOTES

*Substitute for CHEM/PHYS requirement If student is not interested in PT/OT/PA

**Students interested in a Public Health minor at SU should take HLTH 160 The Science and Theory of Health prior to transfer.

Students can transfer up to 70 credits to Salisbury University with a completed associates degree.

SALISBURY UNIVERSITY NOTES

^ Suggested electives to reach 120 credits:
EXSC 325 Obesity Prevention & Treatment (4) (Spring)
HLTH 311: Human Sexuality Education (4) (Fall)
HLTH 230: Chronic and Communicable Diseases (4) (Fall)
HLTH 315: Community Nutrition (4) (Spring)
HLTH 325: Planning & Assessing Health Programs (4) (Spring)
HLTH 361: Health Communication (4) (Fall)
HLTH 450: Intro to U.S. Healthcare and Public Policy (4) (Fall)

PHED 228 satisfies EXSC 305 but does not count toward the 30 credits of required upper-level coursework requirement at SU.