

TRANSFER PATHWAY PLAN

North Carolina Community College's AAS in Health and Fitness Science →
Gardner-Webb University's Bachelor of Science in Exercise Science with a Health
Fitness Concentration

North Carolina Community College Courses	CREDIT HOURS	Gardner-Webb University Courses	CREDIT HOURS
ACA 111 College Student Success or ACC 122 College Transfer Success	1	Elective	1
ENG 111 Writing and Inquiry	3	ENGL 101 English Composition I	3
COM 120 Intro to Interpersonal Communication	3	COMM 233	3
Recommended MAT 151	3	MATH 105 Math for the Liberal Arts	3
ART 111 Art Appreciation or MUS 110 Music Appreciation	3	ARTS 225 Art Survey or MUSC 225 Music Survey	3
HEA 110 Personal Health and Wellness	3	HLED 221 Health and Wellness	3
PSY 150 General Psychology	3	PSYC 201 General Psychology	3
BIO 155 Nutrition	3	EXSI 224 Nutrition for Wellness and Performance	3
BIO 168 Anatomy and Physiology I	4	BIOL 203 Anatomy and Physiology I	4
BIO 169 Anatomy and Physiology II	4	BIOL 204 Anatomy and Physiology II	4
HEA 112 First Aid and CPR	2	Elective	2
HFS 110 Exercise Science	4	Elective	4
HFS 111 Fitness and Exercise Testing I	4	EXSI 310 Principles of Exercise Testing and Prescription	4
HFS 116 Prevention and Care of Exercise Injuries	3	EXSI 246 Care and Prevention of Athletic Injuries	3
HFS 118 Fitness Facilities Management	4	Elective	4
HFS 120 Group Exercise Instruction	3	Elective	3
HFS 210 Personal Training	3	Elective	3
HFS 212 Exercise Programming	3	Elective	3
HFS 218 Lifestyle Change and Wellness	4	Elective	4
PED 110 Fit and Well for Life	2	Elective	2
PED 117 Weight Training	1	PHED 145 Weight Training	1
PED 121 Walk, Jog, Run	1	PHED Elective	1
PED 122 Yoga I	1	Elective	1
WBL 111 Work-Based Learning	1	EXSI 421 Practicum in Exercise Science	1
NCCC Credit Hours	67	Maximum Allowable Transfer Hours*	60

* see note 7

Required General Education Courses at Gardner-Webb University		
Composition (6 hours)		-
ENGL 101 Composition I	(See Transfer Credit Above)	0
ENGL 102 Composition II		3
Fine Arts (3 hours)		-
ARTS 225 Art /MUSC 225 Music /THEA 235	(See Transfer Credit Above)	0

History (3 hours)	-
HIST 101 Western Civilization I or HIST 102 Western Civilization II	3
Physical Wellness (3 hours)	-
PHED 140 (See Transfer Credit Above)	0
Science (3 hours)	-
BIOL 111 General Biology (or BIOL 101, 104, CHEM 103, 111, GEOL 101, 102, 105, 106, PHYS 103, 104, 203)	3
Mathematics (3 hours)	-
MATH 120 Math for the Liberal Arts (See Transfer Credit Above)	0
Biblical Studies (6 hours)	-
REL 300 Old Testament Survey	3
REL 301 New Testament Survey	3
Stewardship (3 hours)	-
PSYC 201 General Psychology (See Transfer Credit Above)	0
Expression (3 hours)	-
BAD 325 Business Commun, COMM 233, ENGL 270, THEA 150 (See Transfer Credit Above)	0
Human Experience (3 hours)	-
COMM 230, ECON 203, ENGL 211, 212, 231, 232, 240, 251, 251, POLS 202, or additional History	3
Global Community (3 hours of college level language or choose one below)	-
RELI 245, SSCI 205, or additional World Language	3
Dimensions⁶	
Required Courses for Exercise Science with Health Fitness Concentration	CREDIT HOURS
BIOL 203 Human Anatomy and Physiology I (See Transfer Credit Above)	0
BIOL 204 Human Anatomy and Physiology II (See Transfer Credit Above)	0
BIOL 222 Medical Terminology	1
EXSI 200 Introduction to Exercise Science	3
EXSI 224 Nutrition for Wellness and Performance (See Transfer Credit Above)	0
EXSI 246 Care and Prevention of Athletic Injuries (See Transfer Credit Above)	0
EXSI 306 Exercise Physiology I	4
EXSI 310 Exercise and Prescription (See Transfer Credit Above)	0
EXSI 335 Kinesiology	3
EXSI 406 Exercise Physiology II	4
EXSI 410 Exercise Programing for Special Populations	4
EXSI 420 Strength and Conditioning Theory and Practice	3
EXSI 432 Research Methods in Exercise Science	3
EXSI 444 Exercise Science Capstone Seminar	2
EXSI 451 Internship in Exercise Science	6
MATH 105 Fundamentals of Statistics and Probability or MATH 151 Calculus I	3
PSYC 320 Exercise and Sports Psychology	3
EXSI 345 Healthcare Ethics or RELI 341 Christian Ethics	3
Gardner-Webb Hours	60
Total Hours	120

Academic Guidelines

1. Entrance requirements to the Bachelor program include official transcripts from accredited institutions showing a GPA of 2.0 on a 4.0 scale and 24 transferable credits.
2. To receive credit for a course, a student must have earned a "C" 2.0 or better in that course.
3. Students who do not have transfer credit for ENGL 101 will need to register for this course during their first semester.

4. Grades of "C" (2.0) or higher are required on all major courses. A "C minus" or lower will not meet graduation requirements and the course will need to be repeated at GWU.
5. A minimum grade point average of 2.00 on a 4.00 scale is required for graduation on all course work attempted at GWU (see institution GPA).
6. Each student will be enrolled for a Dimensions course each semester of full-time enrollment or until a minimum of 4 semesters have been successfully completed.
7. Students transferring from accredited two-year institutions may transfer up to 60 credit hours. Students transferring from accredited four-year institutions may transfer up to 90 credit hours. Students transferring from a combination of two- and four-year institutions may transfer a maximum of 90 credit hours with no more than 60 of the 90 hours coming from two-year institutions. All transfer students must complete at least the final 30 credit hours with Gardner-Webb.
8. Students must complete at least 120 total semester hours and meet all curriculum requirements in order to be eligible for graduation.



For the latest transfer credit equivalency information, visit the [Gardner-Webb website](#).