

**Pathway from Gaston College's Associate in Applied Science in Health and Fitness Science to Gardner-Webb University's Bachelor of Science in Exercise Science with a Health Fitness Concentration  
Traditional Undergraduate Program**

<b>Gaston College</b>	<b>CREDIT HOURS</b>	<b>Gardner-Webb University</b>	<b>CREDIT HOURS</b>
<b>COURSE</b>		<b>COURSE</b>	
ACA 111 College Student Success or ACC 122 College Transfer Success	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	
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		
WBL 111 Work-Based Learning	1	EXSI 421 Practicum in Exercise Science	1
<b>Gaston College Credit Hours</b>	<b>66</b>	<b>Maximum Allowable Transfer Hours</b>	<b>60</b>
<b>Required General Education Courses at Gardner-Webb University</b>			
<b>Foundational Experience</b>			
ENGL 101 English Composition I		(See Transfer Credit Above)	0
ENGL 102 English Composition II			3
RELI 300 Old Testament			3
RELI 301 New Testament			3
ARTS 225 Art Survey, MUSC 225 Music Survey, or THEA 235		(See Transfer Credit Above)	0
HIST 101 Western Civilization I or HIST 102 Western Civilization II			3
MATH 120 Math for the Liberal Arts		(See Transfer Credit Above)	0
BIOL 111 General Biology (or BIOL 101, 104, CHEM 103, 111, GEOL 101, 102, 105, 106, PHYS 103, 104, 203)			4

PHED 140	(See Transfer Credit Above)	0
World Language 101, 102, or 201**		3
<b>Expression Experience</b>		
BAD 325, COMM 233, ENGL 270, THEA 150, or additional Fine Arts Course		0
<b>Global Community Experience</b>		
RELI 245, SSCI 205, or additional World Language		3
<b>Human Experience</b>		
COMM 230, ECON 203, ENGL 211, 212, 231, 232, 240, 251, 251, POLS 202, or additional History		3
<b>Stewardship Experience</b>		
PSYC 201 General Psychology	(See Transfer Credit Above)	0
<b>Dimensions***</b>		
<b>Required Courses for Exercise Science with Health Fitness Concentration</b>		
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
<b>General Elective Hours</b>		<b>3</b>
	<b>Gardner-Webb Hours</b>	<b>60</b>
	<b>Total Hours</b>	<b>120</b>

Notes:

\*\* Based on the student's level of proficiency. Placement Test Credit does not meet the requirement for World Language in the General Education. Please see the World Language Policy in the GWU Academic Catalog for more information.

\*\*\* 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.