

Transfer Guide
Wingate University
Exercise Science, Fitness Professional Track, BS
Transfer Guide for Associates in Arts

Delivery Method: On-Campus

Program Admission Notes:

- Students completing a major in Exercise Science must meet the following criteria:
 - A grade of “B-” or higher in EXSC 101: Introduction to Exercise Science
 - A grade of “C-” or higher in all other Exercise Science core courses
- Any student receiving a grade lower than a “B-” in Exercise Science 101 must repeat the course. Any student receiving a grade lower than a “C-” in any other Exercise Science core class must repeat the course. If the particular course is a prerequisite for another course, the other course may not be taken until the required passing grade is achieved (“B-” for EXSC 101 and “C-” for all other courses).

Major-Specific Course Recommendations:

Students are encouraged to build the North Carolina Community College (NCCC) course recommendations below into the associate degree to best prepare for the intended university and major.

Recommended NCCC Course	Credit Hours	Wingate Equivalent	Assoc. Degree Requirement fulfilled	WU Requirement fulfilled
PSY 150: General Psychology	3	PSYC 101: General Psychology	UGETC Social/Behavior Sciences	Required Course, General Education
MATH 152: Statistical Methods I	4	Math 209: Inferential Statistics	UGETC Math	Required Course, General Education
BIO 111: General Biology I	4	BIO 101: General Biology I	UGETC Natural Sciences	Required Course,

				General Education
CHEM 151: General Chemistry I	4	CHEM 101: Principles of Chemistry I	Elective/Pre-major course	Required Course, General Education
HEA 120: Community Health	3	HETH101: Personal & Community Health	Additional General Education Courses	Required Course, Exercise Science Core
Second Language 111	3	Second Language 101	Additional General Education Courses	Required Course, General Education
Second Language 112	3	Second Language 102	Additional General Education Courses	Required Course, General Education
Student Choice/Math or Science Elective	3-4	University Equivalencies	Additional General Education Courses	Required Course, General Education
PED 110: Fit and Well for Life	2	Wellness 101: Personal Fitness and Wellness	Additional General Education Courses	Required Course, General Education

Remaining Associate Degree Requirements:

In addition to major-specific course recommendations above, students should work with a community college advisor to select additional community college courses to fulfill the remaining associate degree requirements identified below.

Recommended NCCC Course	Credit Hours	Wingate Equivalent	Assoc. Degree Requirement fulfilled	WU Requirement fulfilled
ENG 111: Writing & Inquiry	3	Elective	English Composition	Elective
ENG 112: Writing & Research	3	ENG 110: Univ. Writing & Research	English Composition	General Education
Student Choice/No Preference	9	University Equivalencies	UGETC Humanities/Fine Arts	General Education
Student Choice/No Preference	6	University Equivalencies	UGETC Social/Behavior Sciences	General Education
ACA 122: College Transfer	1	Gate 101: Gateway to University Life	Academic Transition	General Education

Success				
Student Choice/No Preference	8-9	University Equivalencies	Elective/Pre-major course	General Electives

Remaining Bachelor's Degree Requirements at Wingate:

*33 hours of degree total must be 300/400 level courses.

University Course	Credit Hours	University Course Notes
EXSC 101: Introduction to Exercise Science	3	A minimum grade of B- is required
EXSC 205: Principles of Resistance Training	3	
EXSC 230: Fitness Promotion and Assessment	3	
EXSC 255: Applied Nutrition	3	
EXSC 303: Motor Control & Motor Learning	3	
EXSC 305: Care & Prevention of Injuries	3	
EXSC 306: Psychology of Sport and Exercise	3	
EXSC 310: Exercise Physiology w/LAB	4	
EXSC 315: Anatomical Kinesiology	3	
EXSC 325: Strength and Conditioning	3	
EXSC 410: Exercise Prescription: Special Population	3	
EXSC 415: Current Topics in Exercise Science	3	
EXSC 477: Pre-Internship Seminar	3	

EXSC 479: Internship	3	
PE 145: CPR/AED Training	1	
EXSC 210: Human Structure and Function	4	
Psychology Elective	3	Choose one: PSYC 321: Social Psychology, PSYC 330: Physiological Psychology, PSYC 335: Health Psychology, PSYC 404: Performance Psychology
SRMT 330: Facility Design & Management	3	
General Electives	8-10	