

TRANSFER MAP

for Central Maine Community College students completing the Associate in Applied Science in Physical Fitness Specialist and transferring to the University of Southern Maine's Bachelor of Science in Health Sciences

CMCC AAS in Physical Fitness Specialist

*Subjects represented in italics are required. If subjects in italics are **not** taken at CMCC, the sequence represented in the Remaining USM Degree Requirements cannot be observed. For coursework to transfer, a grade of C- or better is required.*

CMCC AAS Physical Fitness Specialist General Education Requirements			USM Equivalencies		
Course	Title	Credits	Course	Title	Credits
ENG 101 OR ENG 105	College Writing OR College Writing Seminar	3 or 4	ENG 100	College Writing (WRI 1 Core Requirement)	3 or 4
PSY 101	Introduction to Psychology	3	PSY 100	Introduction to Psychology	3
COM 100	Public Speaking	3	THE 170	Public Speaking (Creative Expression Core Requirement)	3
MAT 100 OR MAT 101	Intermediate Algebra OR Business Math	3	MAT 101 OR GEL 1XX	Algebraic Bridge OR General Elective	3
BIO 101/102 OR <i>BIO 115/116</i>	Intro to General Biology/Lab OR <i>BIO 115 Anatomy and Physiology I/Lab</i>	4	BIO 111/112	Human Anatomy & Physiology I/Lab (Science Exploration Core Requirement)	4
BIO 105 OR <i>BIO 117/118</i>	Essentials of Anatomy & Physiology OR <i>Anatomy and Physiology II/Lab</i>	3 OR 4	BIO 113/114	Human Anatomy & Physiology II/Lab	4
PHI 111	Introduction to Ethics	3	PHI 1XX	Philosophy Elective (Cultural Interpretation Core Requirement)	3
ENG 220 or ENG 201	Business Communication OR Technical Writing	3	COR 2XX or ITP 210	Core Elective OR Technical Writing	3
PSY/SOC Elective	<i>PSY 111 Developmental Psychology</i>	3	HRD/SBS 200	Multicultural Human Development (Socio-Cultural Analysis Core Requirement)	3
Total credits		29 - 30	Total credits accepted		29 - 30

CMCC AAS Physical Fitness Specialist Major Requirements			USM Equivalencies		
Course	Title	Credits	Course	Title	Credits
BIO 121	Nutrition	3	CON 252	Human Nutrition	3
PHF 110	Exercise Science, Athletic Training, & Physical Fitness Seminar	1	PHE 1XX	Physical Ed Elective	1
PHF 155*	Introduction to Exercise Science	4	PHE 1XX	Physical Ed Elective	4

PHF 150	Methods of Life Style Coaching	3	PHE 1XX	Physical Ed Elective	3
PHF 122	Kinesiology	3	PHE 1XX	Physical Ed Elective	3
PHF 204	Nutrition to Improve Human Performance	3	PHE 2XX	Physical Ed Elective	3
PHF 207	Introduction to Injury Prevention & Management	3	PHE 2XX	Physical Ed Elective	3
PHF 197	Field Experience	2	PHE 2XX	Physical Ed Elective	2
PHF 251*	Methods of Teaching Group Exercise	3	SPM 260	Introduction to Personal Training (Engaged Learning Core Requirement)	3
PHF 208	Exercise Test and Prescription	4	PHE 2XX	Physical Ed Elective	4
PHF 299	Practicum	4	PHE 2XX	Physical Ed Elective	4
Total Major Credits		33			
Total CMCC credits		62 - 63			62 - 63

***Both CMCC PHF 155 and PHF 251 must be successfully completed in order to receive credit for USM SPM 260.**

Remaining University of Southern Maine Degree Requirements

For students who have **completed** the CMCC Associate in Applied Science in Physical Fitness Specialist transferring to University of Southern Maine Bachelor of Science in Health Sciences~

Year Three Fall		Year Three Spring	
Course	Credit	Course	Credit
CHY 107 Chemistry for Health Sciences OR CHY 113 Principles of Chemistry	3	MAT 120 Introduction to Statistics (Quantitative Reasoning Core Requirement)	4
Ethical Inquiry, Social Responsibility, and Citizenship Core Requirement	3	SPM 219 Lifetime Physical Fitness and Wellness	3
200-level or higher PSY course	3	International Core Requirement	3
BPH 201/SCI 336/SBS 336 Fundamentals of Public Health	3	Elective	3
WRI 2 Core Requirement	3	Elective	3
Semester Credits	15	Semester Credits	16

Year Four Fall		Year Four Spring	
Course	Credit	Course	Credit
SPM 230 Psychology of Physical Activity and Sport	3	SPM 477 Health Research Methods (WRI 3 Core Requirement)	3
SPM 350 Health Promotion Programs	3	Culture, Power, and Equity Core Requirement	3
PHY 101/102 Introduction to Physics/Lab OR PHY 111/114 Elements of Physics I/Lab	4 - 5	Elective	3
Elective	3	Elective	3
		Elective	3
Semester Credits	13 - 14	Semester Credits	15
Total USM credits: 59 - 60			
Total CMCC and USM credits: 120 - 122			

~In order to graduate from the Health Sciences major, a student is required to earn a GPA of 2.5

Requirements

Successful completion of the CMCC Associate in Applied Science in Physical Fitness Specialist, submission of a completed admission application (if necessary), transcripts, and other supporting materials. For coursework to transfer to University of Southern Maine, a student must earn a grade of C- or better. Student must maintain a cumulative GPA of 2.5 to graduate from the Health Sciences major at the University of Southern Maine. For all baccalaureate degrees at the University, a minimum of 30 credit hours, including at least 9 credit hours in the major field at the 200-level or above, must be completed at the University of Southern Maine.