

## TRANSFER MAP

### for Central Maine Community College students completing the Associate in Science in Exercise Science and transferring to the University of Southern Maine’s Bachelor of Science in Exercise Science

#### CMCC AS in Exercise Science

*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 AS in Exercise General Education Requirements			University of Southern Maine Equivalencies		
Course	Title	Credits	Course	Title	Credits
ENG 101 OR ENG 105	College Writing OR College Writing Seminar	3 – 4	ENG 100	College Writing (WRI 1 Core Requirement)	3 – 4
	ENG Elective: <i>ENG 221 Advanced Composition and Research</i>	3	ENG 102	Academic Writing (WRI 2 Core Requirement)	3
MAT 122	College Algebra	3	MAT 108	College Algebra	3
MAT 135	Statistics	3	MAT 120	Introduction to Statistics (Quantitative Reasoning Core Requirement)	3
BIO 121	Nutrition	3	CON 252	Nutrition	3
	Lecture/Lab in BIO/CHY/PHY	4		Direct equivalent or elective credit	4
	Lecture/Lab in BIO/CHY/PHY: <i>CHY 121/122 General Chemistry I/Lab</i>	4	CHY 113/114 <sup>^</sup>	Chemistry for Health Sciences (Science Exploration Core Requirement)	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
PHI 111	Introduction to Ethics	3	PHI 1XX	Philosophy Elective (Cultural Interpretation Core Requirement)	3
	Humanities Elective: <i>any course that fulfills the USM International Core Requirement; <a href="#">see list</a></i>	3		Direct equivalent or elective credit	3
	General Education: any course that fulfills both USM Socio-Cultural Analysis and Culture, Power, and Equity Core Requirements; <a href="#">see list</a>	3		Direct equivalent or elective credit	3
<b>Total credits</b>		<b>38 – 39</b>	<b>Total credits accepted</b>		<b>38 – 39</b>

<b>*CMCC AS in Exercise Science Major Requirements</b>			<b>USM Equivalencies</b>		
<b>Course</b>	<b>Title</b>	<b>Credits</b>	<b>Course</b>	<b>Title</b>	<b>Credits</b>
PHF 110	Exercise Science, Athletic Training & Physical Fitness Seminar	1	PHE 1XX	Physical Education Elective	1
PHF 155~	Introduction to Exercise Science	4~	GEL 1XX	General Elective	4
PHF 122	Kinesiology	3	PHE 1XX	Physical Education Elective	3
PHF 204**	Nutrition for Human Performance	3**	SPM 352	Nutrition for Physical Performance	3
PHF 208**	Exercise Test and Prescription	4**	SPM 219	Lifetime Physical Fitness and Wellness	4
PHF 207	Introduction to Injury Prevention & Management	3	PHE 2XX	Physical Education Elective	3
BIO 115/116	Anatomy & Physiology I/Lab	4	BIO 111/BIO 112	Human Anatomy & Physiology I/Lab	4
BIO 117/118	Anatomy & Physiology II/Lab	4	BIO 113/114	Human Anatomy & Physiology II/Lab	4
<b>Total Major Credits</b>		<b>26</b>			
<b>Total CMCC credits</b>		<b>64 - 65</b>			<b>64 - 65</b>

^USM CHY 113 is considered to fulfill USM Health Sciences major CHY 107 requirement.

~A student must take both CMCC PHF 155 and PHF 251 in order to receive credit as follows:

PHE 2XX Physical Education Elective and SPM 260 Introduction to Personal Training.

\*\*A student must take both CMCC PHF 204 and PHF 208 in order to receive the corresponding credits and courses listed above.

## Remaining University of Southern Maine Degree Requirements

For students who have **completed** the CMCC Associate in Science in Exercise Science transferring to University of Southern Maine Bachelor of Science in Exercise Science

Year Three Fall		Year Three Winter		Year Three Spring	
Course	Credits	Course	Credits	Course	Credits
SCI 140 Medical Terminology	3	SPM 230 Psychology of Physical Activity and Sport	3	SPM 325 Methods of Resistance Training and Conditioning	3
SPM 101 Basic Life Support and First Aid I	.5			SPM 390/391 Biomechanics/Lab	3
SPM 260 Introduction to Personal Training	3			SPM 430 Exercise Testing, Assessment and Prescription	4
SPM 330/331 Physiology of Exercise and Lab	4			SPM 431 Advanced Exercise Physiology	3
SPM 381/382 Kinesiology/Lab	4				
<b>Semester Credits</b>	<b>14.5</b>	<b>Semester Credits</b>	<b>3</b>	<b>Semester Credits</b>	<b>13</b>

Year Four Fall		Year Four Winter		Year Four Spring	
Course	Credits	Course	Credits	Course	Credits
PHY 101/102 Introduction to Physics/Lab	4			Ethical Inquiry, Social Responsibility, and Citizenship Core Requirement	3
SPM 450 Exercise for Special Populations (WRI 3 Core Requirement)	3			SPM 495 Clinical Internship (Engaged Learning Core Requirement)	9-12
SPM 485 Senior Thesis I	3				
SPM 350 Health Promotion Programs	3				
<b>Semester Credits</b>	<b>13</b>	<b>Semester Credits</b>		<b>Semester Credits</b>	<b>12-15</b>
<b>Total USM credits: 55.5 – 58.5</b>					
<b>Total CMCC credits: 64 – 65</b>					
<b>Total CMCC and USM credits: 119.5~ – 123.5</b>					

~Please note that you must complete 120 credits to be eligible for a baccalaureate degree.

The University of Southern Maine Exercise Science major demands that a student maintain a 2.5 GPA in order to graduate.