

TRANSFER ADVISING GUIDE

Associate of Science (A.S.) Exercise Science from Raritan Valley Community College to a Bachelor of Science (B.S.) Exercise Science at Rider University

<i>RARITAN VALLEY COMMUNITY COLLEGE COURSE</i>	Cr	<i>RIDER UNIVERSITY COURSE/AREA SATISFIED</i>	Cr
<i>Exercise Science A.S.</i>		<i>B.S. Exercise Science (120 Credits)</i>	
First Semester			
ENGL 111 English Composition I	3	CMP 120 Expository Writing	3
BIOL 124 Human Anatomy & Physiology I	4	BIO 221 Human Anatomy & Physiology I	4
COMP 102 Computer Literacy ¹	3	CIS 185 Information Systems Essentials	3
PSYC 103 Introduction to Psychology	3	PSY 100 Intro to Psychology	3
FITN 131 Current Health Issues	3	BIO 100 Life Science (Human Health)	3
	16		16
Second Semester			
ENGL 112 English Composition II	3	CMP 125 Research Writing	3
BIOL 125 Human Anatomy & Physiology II	4	BIO 222 Human Anatomy & Physiology II	4
FITN 129 First Aid & CPR (3) OR FITN 148 Lifeguarding ² (3)	3	Not Transferrable OR Not Transferrable	0
FITN 132 Cardiovascular Conditioning (2) OR FITN 135 Introduction to Weight Training (2)	2	Not Transferrable OR Not Transferrable	0
	12		7
Third Semester			
BIOL 142 Introduction to Nutrition	3	HSC 100 Intro to Human Nutrition	3
SOCI 101 Introduction to Sociology	3	SOC 101 Sociological Imagination	3
FITN 123 Prevention & Care of Athletic Injuries	3	EXS 121 Injury Control & Management	3
FITN 203 Exercise Measurement & Prescription	3	EXS 340 Exercise Testing & Prescription (3) (RVCC student would need to take EXS-341-Exercise Testing & Prescription (1) at Rider to fulfill the major requirement.)	3
Mathematics ³	3	Mathematics Elective ^v	3
	15		15
Fourth Semester			
FITN 201 Kinesiology	3	HSC 302 Kinesiology (3) The RVCC student would need to take HSC-302L-Kinesiology Lab (1) at Rider to fulfill the major requirement)	3
FITN 204 Exercise Physiology & Body Mechanics	3	EXS 320 Exercise Physiology (RVCC student would need to take EXS-321-Exercise Physiology Lab (1) to fulfill the major requirement)	3
FITN 207 Sports Management	3	SPT 250 Introduction to the Business of Sports	3

Humanities ⁴	3	Liberal Arts Elective ⁵	3
FITN 290 Fitness Cooperative Education ⁵	3	EXS 491 Internship in Exercise Science	3
	15		15
	58/60		53/60

<p>FREE Rider Course Option:</p> <p><u>Select one of the following courses:</u></p> <p>EXS-360-Found. of Strength Conditioning (4) EXS-360L-Found. of Strength Conditioning Lab (0) OR BIO-115-Principles of Biology I (4) BIO-115L-Principles of Biology I Lab (0) OR BIO-116-Principles of Biology II (4) BIO-116L-Principles of Biology II Lab (0) OR CHE-110-Survey of General Chemistry (4) CHE-110L-Survey of General Chemistry Lab (0)</p>	<p>Rider Course Option:</p> <p>Following completion of 30 credits and the Rider Intent to Enroll Form and while a student at RVCC; students have the option to take a free course at Rider that counts toward the Rider degree. This course allows the RVCC student to experience first-hand the academic environment at Rider.</p> <p>See RVCC or Rider Transfer Representatives for additional information.</p> <p>Contact information listed below.</p>	3
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Raritan Valley Community College Footnotes:

- 1 May select another course from the Technological Competency category of the [General Education](#) list. If a student passes the technological competency test, another course must be selected from Math, Science or Technological Competency General Education, so that the student has earned at least 12 credits in those categories.
- 2 Students must pass the Red Cross Lifesaving minimum skills test the first week of class for [FITN 148 Lifeguarding](#). Students do not receive credit for both Lifeguarding and [FITN 129 First Aid & CPR](#).
- 3 Mathematics by official placement test. Students may not take courses below placement level. Students are encouraged to check with transfer college for required Math courses.
- 4 Select a course from the appropriate category of the [General Education](#) list.
- 5 Students may substitute [FITN 211 Introduction to Personal Training](#) or [FITN 124 Sport Law & Risk Management](#) for Cooperative Education upon approval by department chair or program coordinator.

Rider University Footnotes:

- ⁵ Students have a number of options to fulfill this requirement; courses will be evaluated on an individual basis.
- For transfer credit RVCC students must have a grade of “C” or better. (No transfer credit will be accepted for any course with a grade of “C-“ or below.)

Requirements are subject to change. This Advising Guide is best used in consultation with an advisor.

**COURSES REMAINING FOR A BACHELOR OF SCIENCE DEGREE IN EXERCISE SCIENCE
AT RIDER UNIVERSITY***

Course Number	Rider University Course Name or Core Area	Credits	Notes* (if course can be taken at RVCC, indicate course number)

FOR FURTHER INFORMATION, CONTACT

**Transfer & Career Services
Raritan Valley Community College
908.582.1200 X 8336 or 8330
pmichaud@raritanval.edu**

**Transfer Admission
Rider University
609.896.5000 X 7159
admissions@rider.edu**