

TRANSFER ADVISING GUIDE

“Exhibit A”

| Exercise Science (A.S.) from Mercer County Community College to (B.S.) Exercise Science at Rider University (CAS Division) | | | | |
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| MERCER COUNTY COMMUNITY COLLEGE COURSE A.S., Exercise Science | | Cr | RIDER UNIVERSITY COURSE/AREA SATISFIED B.S. Exercise Science (CAS Division) <u>(120 Credits)</u> Signed 11-15-24 | Cr |
| First Semester | | | | |
| BIO 103 | Anatomy & Physiology I | 4 | BIO 221 Human Anatomy & Physiology I (4) BIO 221L Human Anatomy & Physiology I Lab (0) | 4 |
| CSH 100 | College Success for Health Professions | 2 | Elective [ⓧ] | 2 |
| ENG 101 | English Composition I | 3 | CMP 120 Seminar in Writing & Rhetoric | 3 |
| HPE 151 | Introduction to Exercise Science | 1 | HSC 105 Intro to Health Care Professions | 1 |
| MAT 125 | Elementary Statistics I (3) | 3 | MTH 120 Intro to Applied Statistics (3) | 3 |
| PSY 101 | Introduction to Psychology | 3 | PSY 100 Intro to Psychology | 3 |
| | | 16 | | 16 |
| Second Semester | | | | |
| BIO 104 | Anatomy & Physiology II | 4 | BIO 222 Human Anatomy & Physiology II (3) BIO 222L Human Anatomy & Physiology II Lab (1) | 4 |
| ENG 102 | English Composition II | 3 | CMP 125 Seminar in Writing & Research | 3 |
| Rider suggests Mercer students take HPE-111 for transfer credit: HPE 111 Living with Health (3) OR HPE 113 Medical Terminology (3) OR HPE 105 First Aid, CPR, & AED (3) | | 3 | Scientific Perspectives Credit Non- Labs BIO 100 Life Science (3) OR HSC 102 Medical Terminology (1) OR ELE FREE Elective [ⓧ] | 3 |
| HPE 134 | Prevention, Assessment & Care of Athletic Injuries | 3 | EXS 121 Exercise Injury Control & Management | 3 |
| HPE 171 | Personal Fitness (1) | 1 | ELE FREE Elective [ⓧ] | 1 |
| | | 14 | | 14 |
| Third Semester | | | | |
| CMN 111 | Speech: Human Communication | 3 | Oral Communications: | 3 |
| CMN 112 | Public Speaking (Rider suggests CMN-112 for transfer credit) | | COM 104 Speech Communications | |
| HPE 164 | Principles of Coaching (3) | 3 | ELE FREE Elective [ⓧ] | 3 |

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| HPE 242 Exercise Measurement & Prescription | 3 | EXS 340 Exercise Testing & Prescription (3) (Mercer students will need to take EXS-341-Exercise Testing & Prescription (1) at Rider following transfer.) | 3 |
| PTA 105 Kinesiology | 3 | HSC 302 Kinesiology (4) (Mercer students will need to take HSC-302-L (1) at Rider following transfer) | 3 |
| General Education Elective Rider suggests for transfer credit: Two sequence History (HIS-101 or HIS-112) <u>OR</u> (HIS-102 & HIS-113) <u>OR</u> Two sequence Language – same language | 3 | Historical Perspectives ^U HIS 150 Pre-Modern World: Evolution to Revolution <u>OR</u> HIS-151-World in the Modern Era: Exploration to Globalization <u>OR</u> Foreign Language Proficiency ^U | 3 |
| | 15 | | 15 |
| Fourth Semester | | | |
| HPE 101 Basic Concepts of Nutrition | 3 | HSC 110 Intro to Human Nutrition | 3 |
| HPE 241 Applied Exercise Physiology (Mercer pre-requisites BIO-103) | 3 | EXS 320 Exercise Physiology (3) (Mercer students will need to take EXS-321-Exercise Physiology Laboratory (1) at Rider following transfer.) | 3 |
| HPE 243 Exercise Science Field Experience | 3 | Capstone (Rider will award 2 credits on transfer from Mercer and the Mercer student would then take the remainder of the Capstone requirements at Rider.) | 2 |
| General Education Elective Rider suggests for transfer credit: Two sequence History (HIS-101 or HIS-112) <u>OR</u> (HIS-102 & HIS-113) <u>OR</u> Two sequence Language – same language | 3 | Historical Perspectives ^U HIS 150 Pre-Modern World: Evolution to Revolution HIS-151-World in the Modern Era: Exploration to Globalization <u>OR</u> Foreign Language Proficiency | 3 |
| General Education Elective | 3 | General Education Elective ^U | 3 |
| | 15 | | 14 |
| | 60 | | 59/60 |

Mercer County Community College Footnotes:

Rider University Footnotes:

^U Students have a number of options to satisfy this requirement; courses will be evaluated on an individual basis.

For transfer credit the Mercer student must have a grade of “C” or higher in all courses for transfer credit. (No transfer credit will be accepted for any course with a grade of “C-” or below.

The curriculum is designed to provide a seamless transition from an Associate degree or diploma program, building on student experiences in allied health professions. Separate clinical are not required.

Mercer graduates should be nationally certified in Exercise Science and possess current registration with the National Strength & Conditioning Association's Certified Personal Trainer (NSCA-CPT) Exam. This certification also incorporates certification for First-Aid Cardio-Pulmonary Resuscitation (CPR) for the Professional, and Automated External Defibrillator (AED).

The Rider degree is 120 credits; the Mercer student may have to take additional credits to meet the Rider University degree.

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* (CAS DIVISION)**

| Course Number | Rider University Course Name or Core Area | Credits | Notes* (if course can be taken at Mercer, indicate course number) |
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FOR FURTHER INFORMATION, CONTACT:

Transfer Services
Mercer County Community College
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Transfer Admission
Rider University
609.896.5000 X 7159
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