

# TRANSFER ADVISING GUIDE

Exercise Science (A.S.) from Mercer County Community College to (B.S.) Allied Health Studies at Rider University (CCS Division)					
<i>MERCER COUNTY COMMUNITY COLLEGE COURSE</i>		<b>Cr</b>	<i>RIDER UNIVERSITY COURSE/AREA SATISFIED</i>		<b>Cr</b>
<i>Exercise Science, A.S.</i>			<i>Allied Health Studies, B.S. (CCS Division)</i> <i>(120 Credits)</i>		
<b>First Semester</b>					
BIO 103	Anatomy & Physiology I	4	BIO 221 Human Anatomy & Physiology I (3) BIO 221L Human Anatomy & Physiology I Lab (1) <b>(Category II Course)</b>		4
CMN 111	Speech: Human Communication	3	COM 201 Communication Theory)		3
OR CMN 112	Public Speaking		COM 104 Speech Communications		
ENG 101	English Composition I	3	CMP 120 Expository Writing		3
HPE 151	Introduction to Exercise Science	1	ELE-FREE Lower Level Free Elective		1
HPE 110	Concepts of Health & Fitness (2)	2-3	ELE-FREE Lower Level Free Elective (2)		2/3
OR HPE 111	Living with Health (3)		ELE-FREE Lower Level Free Elective (3)		
MAT	Mathematics Elective <sup>1</sup> (MAT-120; MAT-125; MAT-126; MAT-140; MAT-146; MAT-151; MAT-152; MAT-200; MAT-205)	3/4	MTH CORE (4)		3/4
<b>Suggest:</b> MAT 125	Elementary Statistics I (3)		OR  MTH Elective <sup>v</sup> (3)		
		<b>16/18</b>			<b>16/18</b>
<b>Second Semester</b>					
BIO 104	Anatomy & Physiology II	4	BIO 222 Human Anatomy & Physiology II (3) BIO 222L Human Anatomy & Physiology II Lab (1) <b>(Natural World)</b>		4
ENG 102	English Composition II	3	CMP 125 Research Writing		3
HPE 134	Prevention, Assessment & Care of Athletic Injuries	3	ELE-FREE Lower Level Free Elective		3
OR HPE 105	First Aid, CPR & AED				
IST 101	Computer Concepts with Applications	3	CIS 185 Information Systems Essentials		3
PSY 101	Introduction to Psychology	3	PSY 100 Intro to Psychology <b>(Cont. Perspective)</b>		3
		<b>16</b>			<b>16</b>
<b>Third Semester</b>					
HPE 140	Kinesiology for Exercise Science	3	ELE-FREE Lower Level Free Elective		3
HPE 163	Principles of Coaching	2	ELE-FREE Lower Level Free Elective		2
HPE 242	Exercise Measurement & Prescription	3	ELE-FREE Lower Level Free Elective		3
MAT	Mathematics Elective <sup>1</sup> (MAT-120; MAT-125; MAT-126; MAT-135; MAT-140; MAT-146; MAT-151; MAT-152; MAT-200; MAT-205)	3/4	MTH CORE <sup>v</sup> MTH Elective <sup>v</sup>		3/4
General Education Elective <sup>2</sup>		3	Historical Perspective <sup>v</sup> Artistic & Intellectual Perspective <sup>v</sup>		3
		<b>14/15</b>			<b>14/15</b>
<b>Fourth Semester</b>					
HPE 101	Basic Concepts of Nutrition	3	ELE-FREE Lower Level Free Elective		3
HPE 241	Applied Exercise Physiology	3	ELE-FREE Lower Level Free Elective		3
HPE 243	Exercise Science Field Exp. (225 Hours.)	3	ELE-FREE Lower Level Free Elective		3

Humanities General Education Elective	3	<b>Humanities Elective <sup>ⓧ</sup></b> <b>Free Elective <sup>ⓧ</sup></b>	3
General Education Elective <sup>4</sup>	3	<b>General Education Elective <sup>ⓧ</sup></b> <b>Direct Equivalent <sup>ⓧ</sup></b>	3
	<b>15</b>		<b>15</b>
	<b>61/64</b>		<b>62/64</b>

**Mercer County Community College Footnotes:**

<sup>1</sup>Select from MAT 120, 125, 126, 135, 140, 146, 151, 152, 200, 205.

<sup>2</sup>Select course from either Social Science or Humanities general education categories

<sup>3</sup>15 hours per week for 15 weeks.

<sup>4</sup>Select course from the following general education categories: Social Science, Humanities, Historical Perspective, Diversity and Global Perspective.

NOTE: Students must earn a minimum grade of C in all required BIO, PTA, and HPE courses to graduate

**Rider University Footnotes:**

<sup>ⓧ</sup> 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).

Please note Rider only requires one math course for the B.S. in Allied Health Studies (CCS).

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

Mercer students attending Rider (CCS) on a full-time basis are eligible to take a FREE Rider Course Option which is to be selected in consultation with Sean Levin, Director of the College of Continuing Studies. This course may be taken following completion of 30 college-level credits at MCCC and prior to matriculation at Rider University on a full-time basis. See Mercer & Rider transfer representatives for further information and direction.

**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 ALLIED HEALTH STUDIES AT RIDER UNIVERSITY\* (CCS DIVISION)**

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

**FOR FURTHER INFORMATION, CONTACT:**

**Transfer Services**  
**Mercer County Community College**  
**609.570.3397**  
[transfer@mccc.edu](mailto:transfer@mccc.edu)

**Transfer Admission**  
**Rider University**  
**609.896.5000 X 7159**  
[admissions@rider.edu](mailto:admissions@rider.edu)

**Sean Levin – CCS**  
**609.896.5000 X5033**  
[selevin@rider.edu](mailto:selevin@rider.edu)