

## **RATIONALE**

In order to facilitate our students transfer to Baccalaureate programs, we would like to change the A.A.S degree to an A.S. degree. Currently the program has 27 liberal arts courses (listed below). In order to meet the 30 credit requirement for the A.S. degree we will need to drop the Introductory Computer Applications course (BA 06000) for 3 credits and in it's place offer an additional group requirement for three credits.

### **Current 27 liberal arts credits in Exercise Science:**

COURSE	CREDITS
ENG 01200	4
ENG 02400	3
BIO 01100	4
BIO 01200	4
BIO 07000	3
PSY 01100	3
Group requirements	6
	27 TOTAL

### **Proposed change of 30 credits in Exercise Science:**

COURSE	CREDITS
ENG 01200	4
ENG 02400	3
BIO 01100	4
BIO 01200	4
BIO 07000	3
PSY 01100	3
Group requirements	9
	30 TOTAL

The A.A.S. degree in Exercise Science currently has articulation agreements with Queens College and York College. Listed below are the names of the programs and type of degree into which students may transfer.

Queens College: Program in Nutrition and Exercise Science, Bachelor of Science degree

York College: Program in Movement Science, Bachelor of Science degree

## CURRENT REQUIREMENTS AS OF OCTOBER 29, 2007

### A.A.S. EXERCISE SCIENCE/PERSONAL TRAINING •

Requirements for Matriculants

Total credits: 60

#### COLLEGE REQUIREMENTS

(Successful completion of COMPASS Math Skills Test and the CUNY ACT in Reading and Writing with passing scores or, developmental courses may be required.)

ENG 01200	4	credits
ENG 02400	3	
HPE 01200	3	

#### DEPARTMENT REQUIREMENTS §

Human Anatomy and Physiology I and II (BIO 01100 and 01200)	8	credits
Science of Nutrition (BIO 07000)	3	
Introduction to Personal Training (EXS 00900)	3	
Kinesiology of Exercise (EXS 01000)	3	
Physiology of Exercise (EXS 01100)	3	
Health Risk Appraisal (EXS 01200)	3	
Fitness Assessment and Program Design (EXS 01300)	3	
Muscular Fitness Training Techniques (EXS 01500)	3	
Field Experience in Exercise Science (EXS 09100)	3	
General Psychology (PSY 01100)	3	
First Aid and Personal Safety (HE 03500)	2	
Cardiopulmonary Resuscitation (HE 02000)	1	
<b>Introductory computer applications course (BA 06000 or CP 01100 or TEC 02500)</b>	<b>3</b>	

*Choose one from each of the following groups for 3 credits:* 3

#### Group A

Walk, Jog, Run (PEC 002000)  
Aerobic Dance (PEC 01900)

#### Group B

Swimming for Fitness (PE 03300)  
Aqua Exercise (PEC 06500)

#### Group C

Tai Chi Chuan (PEC 02500)  
Introduction to Hatha Yoga (PEC 02900)  
Pilates System of Exercise (PEC 08210)  
Beginning Karate and Self-Defense (PEC 02700)

#### GROUP REQUIREMENTS \*\* 6 CREDITS

**A minimum of three credits each selected from at least two different groups I – III, must be in Basic Courses.**

- I. Performing and Visual Arts  
(Excluded are Art & Music Studio, Theatre Production & Technique courses)  
Art – Music – Speech (recommended) – Theatre Arts
- II. Language and Literature  
Foreign Language – Literature – Philosophy
- III. Social Sciences  
Economics – History – Political Science
- IV. Behavioral Sciences – **Satisfied by Department requirements**  
Anthropology – Psychology – Sociology
- V. Mathematics and Sciences – **Satisfied by Department requirements**  
Biological Sciences – Mathematics & Computer Science – Physical Sciences

#### **ELECTIVES – Sufficient to meet required total of**

**60 credits**

- This program is within the Department of Health, Physical Education and Recreation.
- § Consultation with the Department Advisor is required.

Attachment M-1

**PROPOSED REQUIREMENTS FOR  
A.S. EXERCISE SCIENCE/PERSONAL TRAINING •**

Requirements for Matriculants

**Total credits: 60**

COLLEGE REQUIREMENTS

(Successful completion of COMPASS Math Skills Test and the CUNY ACT in Reading and Writing with passing scores or, developmental courses may be required.)

ENG 01200	4	credits
ENG 02400	3	
HPE 01200	3	

DEPARTMENT REQUIREMENTS §

Human Anatomy and Physiology I and II (BIO 01100 and 01200)	8	credits
Science of Nutrition (BIO 07000)	3	
Introduction to Personal Training (EXS 00900)	3	
Kinesiology of Exercise (EXS 01000)	3	
Physiology of Exercise (EXS 01100)	3	
Health Risk Appraisal (EXS 01200)	3	
Fitness Assessment and Program Design (EXS 01300)	3	
Muscular Fitness Training Techniques (EXS 01500)	3	
Field Experience in Exercise Science (EXS 09100)	3	
General Psychology (PSY 01100)	3	
First Aid and Personal Safety (HE 03500)	2	
Cardiopulmonary Resuscitation (HE 02000)	1	

*Choose one from each of the following groups for 3 credits:*

**Group A**

- Walk, Jog, Run (PEC 002000)
- Aerobic Dance (PEC 01900)

**Group B**

- Swimming for Fitness (PE 03300)
- Aqua Exercise (PEC 06500)

**Group C**

- Tai Chi Chuan (PEC 02500)
- Introduction to Hatha Yoga (PEC 02900)
- Pilates System of Exercise (PEC 08210)
- Beginning Karate and Self-Defense (PEC 02700)

**GROUP REQUIREMENTS \*\* 9 CREDITS**

A minimum of three credits each selected from at least three different groups I – III, must be in Basic Courses.

- I. Performing and Visual Arts  
(Excluded are Art & Music Studio, Theatre Production & Technique courses)  
Art – Music – Speech (recommended) – Theatre Arts
- II. Language and Literature  
Foreign Language – Literature – Philosophy
- III. Social Sciences  
Economics – History – Political Science
- IV. Behavioral Sciences – **Satisfied by Department requirements**  
Anthropology – Psychology – Sociology
- V. Mathematics and Sciences – **Satisfied by Department requirements**  
Biological Sciences – Mathematics & Computer Science – Physical Sciences

**ELECTIVES – Sufficient to meet required total of**

**60 credits**

- This program is within the Department of Health, Physical Education and Recreation.
- § Consultation with the Department Advisor is required.

KINGSBOROUGH COMMUNITY COLLEGE  
OF THE CITY UNIVERSITY OF NEW YORK

TWO-YEAR STUDY SEQUENCE  
DEGREE PROGRAM IN EXERCISE SCIENCE AND PERSONAL TRAINING

Prepared: November 1, 2007

Fall Semester- First Year

ENG 12	4 credits
BIO 11	4 credits
HPE 12	3 credits
EXS 9	3 credits
PEC*	1 credit

Semester Total	15 credits
Cumulative Total	15 credits

Spring Semester- First Year

ENG 24	3 credits
EXS 10	3 credits
EXS 12	3 credits
EXS 13	3 credits
BIO 70	3 credits

Semester Total	15 credits
Cumulative Total	30 credits

Fall Semester – Second Year

EXS 11	3 credits
EXS 15	3 credits
HE 20	1 credit
BIO 12	4 credits
HE 35	2 credits
PEC*	1 credit
PEC*	1 credit

Semester Total	15 credits
Cumulative Total	45 credits

Spring Semester – Second Year

EXS 91	3 credits
Group I/II/III**	3 credits
Groups I/II/III**	3 credits
BA 60***	3 credits
PSY 11	3 credits

Semester Total	15 credits
Cumulative Total	60 credits

\* Students are required to complete three PEC/PEM/PEW courses as described in program requirements, for a total of 3 credits.

\*\* Students are required to complete one courses from each of two different groups among Groups I, II and III for a total of 6 credits.

\*\*\* Upon approval by the College Curriculum Committee this course will no longer be required. In its place, we will offer another course from Groups I/II/III.

The City University of New York  
Recommended Articulation Agreement Format

Agreement initiated by (college) Kingsborough Community College

Sending College: Kingsborough Community College

Department: Health, Physical Education & Recreation

Program: Exercise Science/Personal Training

Degree: Associate in Applied Science

Receiving College: York College

Department: Dept. of Health & Physical Education

Program: Movement Science

Degree: Bachelor of Science

Admission Requirements to Senior College Program (e.g., minimum GPA, audition/portfolio):

N/A

Total transfer credits granted toward the baccalaureate degree: 60

Total additional credits required at the senior college to complete baccalaureate degree: 60

## A.A.S. Exercise Science/Personal Training

**Kingsborough CC**

**York College**

<i>College Requirements:</i>	
ENG 12*	
ENG 24*	
HPE 12*	
<i>Department Requirements:</i>	
BIO 7	Elective
BIO 11 & BIO 12	BIO 281 - Human Structure and Function (Required for interdisciplinary discipline - Biology)
EXS 10	PE 362 - Kinesiology (Major req.)
EXS 11	PE 358 - Physiology of Exercise (Major req.)
EXS 12	PE 452 - Cardiovascular Fitness (Major req.)
EXS 13	PE 363 - Measurement and Evaluation in H/PE (Major req.)
EXS 91	PE 471-2 - Field Work in Physical Education (Major req.)
EXS 16	Elective
SY 11*	
IM 33	Elective
IE 35	HE 317 - First Aid and Safety Education
IE 20	HE 200 - Basic Cardiac Life Support
IO 70	HE 314 - Nutrition and Health
<i>Choose from the following for 3 credits:</i>	
EC 6 / PEC 4 EC 33	PE 141 - Weight Training (For either PEC 4 or PEC 6) / PE 182 - Swimming for Non-Swimmers
<i>Group Requirements*</i>	
P 11 (Group V)	AC 101 (Major req.)

*All core/distribution credits completed with the attainment of an A.A.S. in Exercise Science/Personal Trainer*

## Interdisciplinary

At York, students must take 18 credits in *one* of the following categories. Students who wish to take some of those credits at Kingsborough may choose from the following:

### Kingsborough CC

### York College

<b><u>Natural Sciences:</u></b>	
<b><u>Biology:</u></b> BIO 11 & 12	BIO 281 - Human Structure and Function (3 crs.)
BIO 13 & 14	BIO 201 & 202 - Biological Principles I & II (4 crs. each)
BIO 39	BIO 283 - The Biology of Aging (3 crs.)
BIO 51	BIO 265 - Clinical Microbiology (3 crs.)
BIO 53	BIO 403 - Ecology (4 crs.)
BIO 54	BIO 231 - Biology of Plants (4 1/2 crs.)
BIO 55	BIO 308 - Invertebrate Biology (4 1/2 crs.)
<b><u>Chemistry:</u></b> CHM 31	CHM 231 - Organic Chemistry I (3 crs.) & CHM 232 - Techniques of Organic Chemistry I (2 crs.)
CHM 32	CHM 233 - Organic Chemistry II (3 crs.) & CHM 234 - Techniques of Organic Chemistry II (2 crs.)
<b><u>Psychology:</u></b>	
PSY 33	PSY 332 - Social Psychology (3 crs.)
PSY 34	PSY 334 - Personality (3 crs.)
PSY 36	PSY 338 - Abnormal Psychology (3 crs.)
PSY 52	PSY 350 - Management and Organizational Behavior (3 crs.)
<b><u>Sociology:</u></b>	
SOC 32	SOC 289 - Urban Sociology (3 crs.)
SOC 33	SOC 252 - Social Problems (3 crs.)
SOC 35	SOC 247 - Family and Kinship (3 crs.)
SOC 36	SOC 235 - Ethnicity (3 crs.)
<b><u>Health:</u></b>	
HE 20	HE 200 - Basic Cardiac Life Support (1 cr.)
HE 33	HE 211 - Stress and Health (2 crs.)
HE 35	HE 317 - First Aid and Safety Education (2 crs.)
HE 40	HE 342 - Drug Use and Abuse (3 crs.)
HE 52	HE 241 - Sex and Sexuality (3 crs.)



**SENIOR COLLEGE UPPER DIVISION COURSES REMAINING FOR  
BACCALAUREATE DEGREE**

Course and Title

Credits

*General Education (Liberal arts, Core, Distribution) and other Required Courses*

N/A	
* If student transfers with	
2-Year degree.	

\* See attached Sheet Major Design

SUBTOTAL

*Prerequisite and Major Courses*

Movement Science

I. 4 Credits Skill Courses - from 100-200 level course	
II. 7 Credits in PE foundations	
III. 18 Credits in one of the following categories at 200 level or above:	
1. Natural Science (BIO, CHEM, PHYS)	
2. Psychology	
3. Soc. Sci. (SOC, ANTH, SOC. Work)	
4. Business, Economics	
5. Health Education	
	SUBTOTAL 29
	TOTAL

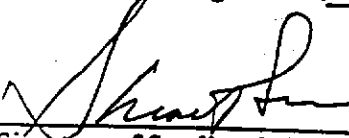
Procedures for reviewing, up-dating, modifying or terminating agreement:

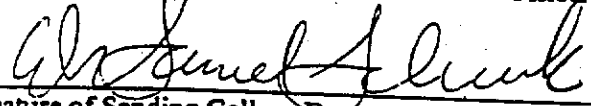
Procedures for evaluating agreement, e.g., tracking the number of students who transfer under the articulation agreement and their success:

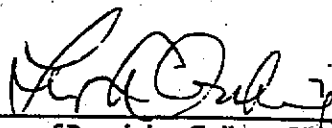
Sending and Receiving College procedures for publicizing agreement, e.g., college catalogs, transfer advisers, Websites, etc.:


Additional Information:

Effective Date of Agreement: Fall 1999

  
\_\_\_\_\_  
Signature of Sending College Chief Academic Officer

  
\_\_\_\_\_  
Signature of Sending College Department Chairperson

  
\_\_\_\_\_  
Signature of Receiving College Chief Academic Officer

  
\_\_\_\_\_  
Signature of Receiving College Department Chairperson

KINGSBOROUGH COMMUNITY COLLEGE  
The City University of New York

**A.A.S. EXERCISE SCIENCE/PERSONAL TRAINING\*\***

*Requirements for Matriculants*

Total credits: 60

**COLLEGE REQUIREMENTS**

Successful completion of CUNY Freshman Skills Assessment Tests with passing Reading, Writing and Mathematics Placement Examination scores or remedial courses may be required.

ENG 12 Freshman English I	4	credits
ENG 24 Freshman English II	3	
HPE 12 Foundations of Health and Physical Education	3	

**DEPARTMENT REQUIREMENTS †**

Foundations of Human Anatomy & Physiology (BIO 7)	3	
Human Anatomy & Physiology I and II (BIO 11-12)	8	
Science of Nutrition (BIO 70)	3	
Kinesiology of Exercise (EXS 10)	3	
Physiology of Exercise (EXS 11)	3	
Health Risk Appraisal (EXS 12)	3	
Fitness Assessment & Exercise Prescription (EXS 13)	3	
Exercise Leadership Seminar (EXS 16)	1	
Field Experience in Exercise Science (EXS 91)	3	
General Psychology (PSY 11)	3	
Salesmanship (MM 33)	3	
First Aid and Personal Safety (HE 35)	2	
Cardiopulmonary Resuscitation (HE 20)	1	

*Choose from the following for 3 credits:*

Walk, Jog, Run (PEC 2)	1	
Training with Weights (PEC 4)	1	
Body Building (PEC 5)	1	
Physiological Fitness and Development: Training with Weights (PEC 6)	2	
Aerobic Dance (PEC 19)	1	
Swimming for Fitness (PEC 33)	1	
Aqua Exercise (PEC 65)	1	

**GROUP REQUIREMENTS:\***

6 credits

A minimum of three credits each from at least two different groups - I thru III. Courses selected must be Basic Courses.

- I. Performing and Visual Arts  
(Excluded are Art & Music Studio, Theatre Production & Technique courses)  
Art - Music - Speech (recommended) - Theatre Arts
  
- II. Language and Literature  
Foreign Language - Literature - Philosophy
  
- III. Social Sciences  
Economics - History - Political Science
  
- IV. Behavioral Sciences Satisfied by Department Requirement  
Anthropology - Psychology - Sociology
  
- V. Mathematics and Sciences Satisfied by Department Requirement  
Biological Sciences - Mathematics & Computer Science - Physical Sciences

**ELECTIVES** - Sufficient to meet required total of 60 credits

\* Departmental requirements may be used to satisfy groups I - V requirements where applicable.

† Consultation with the Department Advisor is required.

\*\* This program is within the Department of Health, Physical Education and Recreation

**MOVEMENT SCIENCE MAJOR (B.S.)**

**CORE/DISTRIBUTION REQUIREMENTS:**

**I. General Requirements:**

English 125 .....	4.0
Writing 301 or 302 or 303* .....	3.0
Core 101 .....	3.0
Core 201 or 202 or 203 or 210 .....	3.0
Physical Education 150 .....	2.0
Speech 101 .....	3.0
Foreign Language** .....	0-8

\* Junior Level Writing Course; Computer Competency Required

\*\*Placement by Foreign Language Dept.

**Distribution Requirements**

**II. Humanities:**

- A) Literature - one course from the following - English 210, 220, 230, or 240
- B) History and Philosophy - one course from the following:  
 History 100, 108, 113, 201, 257, 275, 276  
 Philosophy 102, 103, or 121
- C) Fine and Performing Arts - one chosen from the following:  
 Fine Arts 104, 150, 152, 155, 264, 381  
 Music 101, 110, 225, 250, 253  
 Speech 110, 114, 160, 211, or 215-219

**III. Behavioral Science - Six credits from 2 disciplines outside the major from the following:**

- 1. Afro-American Studies 101 or 172
- 2. Anthropology 101 or 103
- 3. Economics 101 or 102
- 4. Political Science 101, 102, or 103
- 5. Psychology 102 or 110
- 6. Sociology 101

**IV. Mathematics - One course chosen from the following - Mathematics 111, 115, 121, 150, or 190**

**V. Natural Science**

A) Non-Science and Non-Mathematics Majors - six credits, in any 2 disciplines, chosen from the following:

- 1. Astronomy 111, 121
- 2. Biology 110, 120
- 3. Chemistry 120, 121
- 4. Geology 110, 115, 120, 121
- 5. HPEH 110
- 6. Physics 140

B) Mathematics Majors - five credits of any science courses that are accepted by the respective science discipline to fulfill their major requirements

C) Science Majors - five credits as stipulated by major discipline.

**MAJOR DISCIPLINE REQUIREMENTS (46 Credits)**

**I. Skills courses selected from any 100-200 level course and/or from**

Physical Education 311, 312, 313 ..... 6

**II. PHYSICAL EDUCATION FOUNDATIONS selected from courses listed (21 Credits)**

[ ] Physical Education 310	Perceptual-Motor Activities for Children .....	2
[ ] Physical Education 315	Basic Movement .....	2
[ ] Physical Education 322	Recreation, Organization, and Leadership .....	3
[ ] Physical Education 350	Principles & Foundations of Physical Education .....	2
[ ] Physical Education 353	Physical Activity for Special Populations .....	2
[ ] Physical Education 354	Sport & Society .....	2
[ ] Physical Education 355	Psychology of Sport & Motor Performance .....	2
[ ] Physical Education 356	The Acquisition of Sport & Movement-Skills .....	2
[ ] Physical Education 358	Physiology of Exercise .....	3
[ ] Physical Education 361	Athletic Training & Sports Medicine .....	2
[ ] Physical Education 362	Kinesiology .....	3
[ ] Physical Education 363	Measurement & Evaluation in Health & Physical Education .....	3
[ ] Physical Education 452	Cardiovascular Fitness .....	3
[ ] Physical Education 471 - 474	Field Work in Physical Education & Recreation .....	2
[ ] Physical Education 488	Health Promotion in the Workplace .....	3
[ ] Physical Education 495	Independent Study in the Scientific Foundations of Physical Education .....	2

**III. INTERDISCIPLINARY REQUIREMENTS (18 Credits)**

(18 credits in one of the following categories 200 level or above)

- 1. Natural Science (Biology, Chemistry, or Physics)
- 2. Psychology
- 3. Social Science (Sociology, Anthropology, or Social Work)
- 4. Business and Economics
- 5. Health Education

**IV. OTHER REQUIREMENT**

[ ] Academic Computing 101 Introduction to Microcomputers I ..... 1

**CREDITS**  
18-

9.0

6.0

4

5-6

8  
1.  
**SENIOR COLLEGE ARTICULATION AGREEMENT TO ACCOMPANY  
COMMUNITY COLLEGE NEW PROGRAM PROPOSAL**

Senior College: Queens College

Community College Articulation Partner: Kingsborough Community College

Senior College Department, Program, and Degree: Department of Family, Nutrition, and  
Exercise Sciences, Nutrition and Exercise Sciences Program, Bachelor of Science Degree

Community College Department, Program, and Degree: Department of Health, Physical  
Education and Recreation, Exercise Science/Personal Fitness Program, Associate in  
Applied Science Degree

Effective Semester of Agreement: Fall, 1999

Admission requirements to Senior College Program:

1. Overall Grade Point Average  $\geq 2.00$
2. Pass CUNY FSATs in reading, writing, and mathematics

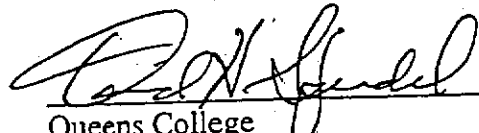
Total number of transfer credits awarded towards baccalaureate degree: 60

Total number of credits remaining at the senior college for baccalaureate degree: 60

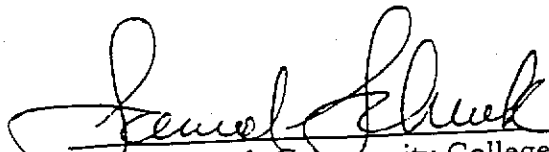
**Campus Approvals**



Kingsborough Community College  
Chief Academic Officer



Queens College  
Chief Academic Officer



Kingsborough Community College  
Department Chairperson



Queens College  
Department Chairperson

**Program Requirements for Students Transferring from the Kingsborough Community College, Department of Health, Physical Education and Recreation, A.A.S. Degree Program in Exercise Science/Personal Fitness, to the Queens College, Department of Family, Nutrition, and Exercise Sciences, who wish to complete the B.S. Degree Program in Nutrition and Exercise Sciences**

Students should note that this program leads to careers in corporate fitness, personal training, and cardiac rehabilitation. It is not an American Dietetic Association approved program and can not be used to receive verification toward the Registered Dietitian (R.D.) credential.

**Kingsborough Community College Courses Awarded Transfer Credit at Queens College**

Students who complete an A.A.S. Degree in Exercise Science/Personal Training at Kingsborough Community College will be able to complete major requirements for the B.S. degree in Nutrition and Exercise Sciences in 36 credits or less, and complete all requirements for the B.S. at Queens College within 60 credits *if their degrees at Kingsborough include the following courses that satisfy Queens College Basic and Advanced Skill requirements:*

- A Physical Education activity course
  - three college-level courses in a foreign language or the high school equivalent (three years)
  - English 12 and 24
  - Mathematics 10 or higher level mathematics,
- and**

if students choose courses to satisfy requirements at Kingsborough that not only satisfy Queens College LASAR (general education) requirements, but also serve as prerequisites for the advanced Nutrition and Exercise Sciences courses. Several Kingsborough courses satisfy Queens graduation requirements, as indicated in the following table.

**Table 1. Specific transfer course equivalencies and credits (listed by Queens College graduation requirement area)**

<u>Kingsborough Community College Course</u>		<u>Queens College Equivalent</u>	<u>Transfer Credits</u>
<b><i>I-Basic and Advanced Skills</i></b>			
<b><i>English Composition</i></b>			
ENG 12 Freshman English I* (min grade C-)	4	ENGL 110 Composition I + Blanket	3 1
ENG 24 Freshman English II* (min grade C-)	3	ENGL 120 Composition II	3
*Must score 8 or higher on CUNY Assessment writing test			
<b><i>Foreign Language</i></b>			
Intermediate Level or 3 years H.S. Language		Level III	

<u>Kingsborough Community College Course</u>	<u>Queens College Equivalent</u>	<u>Transfer Credits</u>
<b>I-Basic and General Education Requirements</b>		
Physical Education (PE) 11		
PE 11 Physical Conditioning + Blanket		1
<b>II-Liberal Arts and Sciences Area Requirements (LASAR)</b>		
<b>Humanities I (3 cr)</b>		3
English (EN) 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100		
History (HI) 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100		
Philosophy (PHI) 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100		
Religion (REL) 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100		
Speech (SP) 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100		
<b>Humanities II (3 cr) Any one of:</b>		3
ART 31, 33, 34, 55, 56, 57, 59, 61		
MU 31		
THA 50, 51, 65		
<b>Humanities III (3 cr) Any one of:</b>		3
PHI 75		
HIS 60		
SPA 34		
<b>Physical &amp; Biological Sciences (4 cr)</b>		
<b>GROUP A (4 cr) One of:</b>		4
BIO (13 & 14), 20, 33		
CHM 11*		
GEO 33		
SCI 33, 36, 43		
PHY 13, 14		
<b>GROUP B (3 cr) ONE of</b>		3
PSY 11*		
CHM 12		
GEO 31, 32, 35, 37		
PHY 35		
SCI 34, 51		

\*Required for A.A.S. Exercise Science/Personal Fitness

**II-Liberal Arts and Sciences Area Requirements (LASAR) (cont)**

<b>Scientific, Methodological, and Quantitative Reasoning (3 cr)</b>	<b>3</b>
CS 14, 36	
DP 12	
MAT 8, 15, 16, 20, 21, 22, 55, 56	
<b>Social Sciences (Two of the following from different departments)</b>	<b>6</b>
PHI 74	
ECO 12 HIS 11, 52, POL 50, 51, 53, 56, 57, 59	
<b>Pre-Industrial/Non-western Civilization (3 cr)</b>	<b>3</b>
ENG 31 (also HIT1)	
FR 51 (also HIT2)	
HIS 51, 67	
REC 40	
SOC 37 (also SS)	
SPA 37 (also HIT2)	

**Table 2. Courses at KCC which fulfill degree requirements for the Nutrition and Exercise Sciences' program at QC include:**

<u>KCC</u>		<u>QC Equivalent</u>	
General Chemistry (CH 11)	4 cr	Chem 19	4 cr
Anatomy and Physiol. I & II(BIO 11 & 12)	8 cr.	Biology 11 & 43*	8 cr
Kinesiology of Exercise (EXS 10)	3 cr.	FNES 340	3 cr
Physiology of Exercise (EXS 11)	3 cr.	FNES 342	3 cr
Field Experience in Exercise Sci (EXS 91)	3 cr.	FNES 377	3 cr

\* To transfer BIO 11 & 12 at KCC as Biology 11 & 43 at Queens College, students must complete CHE 11 at KCC, otherwise, only credit for Biology 11 is given.



**Table 3. Courses to be taken at Queens College to fulfill B.S. Degree Requirements in Nutrition and Exercise Sciences in the Department of Family, Nutrition, and Exercise Sciences (FNES).**

**Major Courses Required at Queens College:**

**Required FNES Courses**

FNES 263	Nutrition I (prereq. Chem 159)	3 cr
FNES 264	Nutrition II (prereq. FNES 263)	3 cr
FNES 341	Biomechanics (prereq. FNES 340)	3 cr
FNES 352	Physiological Principles of Exercise Training (FNES 342)	3 cr
FNES 353	Fitness Assessment & Prescription of Exercise Programs	3 cr
FNES 365	Nutrition Counseling & Assessment (prereq. FNES 263 & Chem 179)	3 cr
FNES 366	Medical Nutrition Therapy (prereq. FNES 264 & 365)	3 cr
FNES 368	Advanced Nutrition (prereq. Bio 43; pre or coreq FNES 264 )	<u>4 cr</u>
	Subtotal FNES	25 cr

**Required Science Courses and Statistics Courses**

Chem 159	Survey of Organic Chemistry	4 cr
Chem 179	Basic Biochemistry	4 cr
Statistics:	FNES 165, Psy 107 or Soc 205	<u>3 cr</u>
	Subtotal	11 cr

Major Requirements (Total) ..... 36 cr

Other Required QC Course ..... 3 cr  
Writing Intensive Course (see QC registration book)

Elective and LASAR Credits ..... 21 cr

Total Credits at Queens ..... 60 cr

<b>SUMMARY:</b>	Transfer credits	60
	Major requirements	36
	Writing Intensive Course	3
	Elective and LASAR credits	<u>21</u>
	Total Credits	120

Table 4. Suggested QC Program#

Year 1

<u>Fall</u>		<u>Spring</u>	
Statistics	3 cr.	FNES 263	3 cr.
Chem 159	4 cr.	FNES 341	3 cr.
Writing Intensive	3 cr.	Chem 179	4 cr.

Year 2

<u>Fall</u>		<u>Spring</u>	
FNES 264	3 cr.	FNES 353	3 cr.
FNES 352	3 cr.	FNES 366	3 cr.
FNES 365	3 cr.	FNES 368	3 cr.

#Students are encouraged to contact the Department of Family, Nutrition, and Exercise Sciences at (718) 997-4150 prior to admission to obtain assistance with program planning.

Table 5. Suggested Kingsborough CC Program of Study - A.A.S. Degree in Exercise Sciences/Personal Training

Liberal Arts and Sciences Core

Freshman English I (ENG 12)	4 cr
Freshman English II (ENG 24)	3 cr.
Foundations of Health and Physical Education (HPE 12)	3 cr.
Group Requirements (Dept requirements fulfill Grps IV & V, minimum of 3 cr. each from at least two groups, I-III)	6 cr
I. Performing and Visual Arts	
II. Language and Literature	
III. Social Sciences	
IV. Behavioral Sciences	
V. Mathematics and Sciences	
Subtotal	16 cr.

Required Course Distribution

Foundations of Human Anatomy and Physiology (BIO 7)	3
Human Anatomy & Physiology I and II (BIO 11 & 12, Grp. V)	8
Physiology of Fitness and Development (PEC 6)	2
Kinesiology of Exercise (EXS 10)	3
Physiology of Exercise (EXS 11)	3
Health Risk Appraisal (EXS 12)	3
Fitness Assessment and Exercise Prescription (EXS 13)	3
Field Experience in Exercise Science (EXS 91)	3
Exercise Leadership Seminar (EXS 16)	1
General Psychology (PSY 11, Group Requirement IV)	3
Salesmanship (MM 33)	3
First Aid and Personal Safety (HE 35)	2
Cardiopulmonary Resuscitation (HE 20)	1
Science of Nutrition (BIO 70)	3
Advised Electives	3
Subtotal	44 cr.

**TOTAL****60 cr.**

**Procedures for up-dating, modifying, or terminating agreement:**

This agreement and list of equivalencies reflect articulation agreements as of March, 1999, but is not intended to be permanently exclusive. As new courses are developed at Kingsborough and Queens in the future, and additional equivalencies are agreed upon, these too will satisfy the appropriate Queens College requirements.

**Procedures for evaluating agreement, e.g. tracking the number of students who transfer under the articulation agreement and their success.**

All students wishing to declare a major in Nutrition and Exercise Sciences at Queens College must meet with an undergraduate adviser in the Department of Family, Nutrition and Exercise Sciences and file appropriate majors cards. Follow-up meetings will be held with *all students* each semester prior to pre-registration in order to track progress and provide the best possible advice for individual student scheduling needs. Each student's college history (new freshman, transfer student, returning student) will be recorded on the majors' cards and data will be kept on progress toward the desired degree.

**Procedures for publicizing agreement, e.g. college catalogues, transfer advisers, Websites, etc.**

Information describing this articulation agreement will be added to Family, Nutrition, and Exercise Sciences section of the Queens College Bulletin and to the Kingsborough Community College Catalogue. Transfer transcript evaluators at Queens and transfer advisers at Kingsborough will be trained in the articulation process to facilitate smooth student transition between schools. Copies of the agreement will be sent to the appropriate offices at Kingsborough and Queens which do student advisement. The Website for the Department of Family, Nutrition, and Exercise Sciences will be updated to include this information.