

Kingsborough Community College A.A.S. Exercise Science/Personal Training			Adelphi University B.S. Physical Education/Exercise Science		
Course #	Course Title	Credits	Course #	Course Title	Credits
ENG 01200	Freshman English I	4	ENG 107	The Art & Craft of Writing	4
ENG 02400	Freshman English II	3	ENG 108	Writing about Literature	3
PSY 01100	General Psychology	3	PSY 101	General Psychology	3
HPE 01200	Foundations of Health & Physical Education	3	HED373	Essentials of Healthful Life	3
HE 03500	First Aid & Personal Safety	2	PED 167	First Aid & Injury Control	2
HE CPR	CPR	1	HED	Elective	1
BIO 01100	Human Anatomy & Physiology I	4	BIO 203	The Human Body I	4
BIO 01200	Human Anatomy & Physiology II	4	BIO 204	The Human Body II	4
BA 06000	Introduction to Computer Concepts	3		A& S Elective	3
BIO 07000	Sci of Nutrition	3	HED 506	Health & Nutrition	3
EXS 00900	Intro to Personal Training	3	PED	Elective	
EXS 01000	Kinesiology of Exercise	3	PED 461	Kinesiology	3
EXS 01100	Physiology of Exercise	3	PED	Elective	3
EXS 01200	Health Risk Appraisal	3	PED	Elective	3
EXS 01300	Fitness Assessment & Program Design	3	PED	Elective	3
EXS 01500	Muscular Fitness Training Techniques	3	PED	Elective	
EXS 09100	Field Experience in Exercise Science	3	PED	Elective	3
	Minimum of 3 credits from at least two different groups I-III	6		AS Elective	6
I	Performing & Visual Arts				
II	Foreign Language, Literature, Philosophy				
III	Economics, History, Political Science				
	Specified Phys. Ed. Courses	3		Electives	2
Total Credits		60	Credits transferred		60
			Remaining Credits Needed for B.S. Physical Education/Exercise Science (46 Phys. Edu, 9 Gen Ed, 5 electives)		60