



Suggested Transfer Pathway
Montgomery College A.A. in Exercise Science to
Salisbury University's B.S. in Exercise Science
Catalog Year: 2018-2023



0 – 35 Credits or two semesters w/summer @ MC

(Courses may be taken in any order)

Fall Semester	Cr
ENGL 101 Intro to College Writing	3
BIOL 150 Principles of Biology I	4
PHED 228 Group Fitness Instructor Training	3
HLTH 220 Emergency Medical Responders	3
PHED 166 Personal Fitness	1
HIST 114 or HIST 116 World History	3
Total Credits	17

Spring Semester	Cr
ENGL 102 Critical Reading, Writing and Research	3
MATH 117 Statistics	3
PHED 206 Princ. and Practices of Health Fitness	3
HLTH 160 Science and Theory of Health	3
HLTH 225 Introduction to Health Behaviors	3
Total Credits	15

36 – 70 Credits or two semesters w/ summer @ MC

Fall Semester	Cr
BIOL 212 Anatomy and Physiology I	4
COMM 108 Intro. to Human Communication	3
PHED 230 Advanced Weight Training	3
PHED 237 Advanced Metabolic Assessment	3
PSYC 102 General Psychology	3
Total Credits	16

Spring Semester	Cr
BIOL 213 Anatomy and Physiology II	4
PHED 240 Personal Training Techniques	3
PHED 250 Prevention & Management of Ex. Injuries	3
SOCY 100 Introduction to Sociology	3
Arts Distribution	3
HLTH Elective (SU suggests HLTH 131 Drugs and Lifestyle Wellness)	3
Total Credits	19

Apply to graduate from Montgomery College with an [Associate of Arts in Exercise Science](#)

Year Three – Salisbury University @ USG

Fall Semester	Cr
EXSC344: Exercise Physiology	4
EXSC317: Nutrition, Health, and Human Performance	4
EXSC300: Health Fitness Programs	4
Liberal Arts or Science Course	3
Total Credits	15

Spring Semester	Cr
EXSC462: Exercise and Special Populations	4
HLTH325: Planning and Assessing Health Programs	4
EXSC333 Kinesiology	4
Total Credits	12

Year Four – Salisbury University @ USG

Fall Semester	Cr
HLTH311: Human Sexuality Education	4
HLTH401: Community Health	4
EXSC472: Stress Testing & Exercise Prescription	4
EXSC 490: Selected Topics in Exercise Science	4
Total Credits	16

Spring Semester or Summer Term	Cr
EXSC479: Internship in Exercise Science	10
EXSC480: Exercise Science Credentialing	2
Total Credits	12