

FREDERICK COMMUNITY COLLEGE (FCC) A.A. HEALTH AND EXERCISE SCIENCES TO AMERICAN PUBLIC UNIVERSITY SYSTEM (APUS) B.S. SPORTS AND HEALTH SCIENCES TRANSFER GUIDE			
APUS DEGREE REQUIREMENTS	FREDERICK COMMUNITY COLLEGE COURSES	CREDITS APPLIED	CREDITS NEEDED AT APUS
General Education Requirements (31 Credits Required)		31	0
Communication: Writing, Oral, & Multimedia (COMM) (9 Credits Required)		9	0
COMM120: Information and Digital Literacy <i>(Required)</i>	<i>fulfilled by Gen Ed Block†</i>	3	
ENGL110: Making Writing Relevant <i>(Required)</i>	ENGL 101 English Composition	3	
APUS General Education COMM Course Choice	FCC Communication Elective Option*	3	
Arts & Humanities (ARHU) (6 Credits Required)		6	0
APUS General Education ARHU Course Choice	FCC Arts Elective Option*	3	
APUS General Education ARHU Course Choice	FCC Humanities Elective Option*	3	
History (HIST) (3 Credits Required)		3	0
APUS General Education HIST Course Choice	FCC General Education Election Option*	3	
Civics, Political & Social Sciences (SSPS) (6 Credits Required)		6	0
APUS General Education SSPS Course Choice	FCC Social and Behavioral Elective Option*	3	
APUS General Education SSPS Course Choice	FCC Social and Behavioral Elective Option*	3	
Mathematics and Applied Reasoning (MAAR) (3 Credits Required)		3	0
MATH110: College Algebra -OR- MATH111: College Trigonometry -OR- MATH225: Calculus <i>(Required)</i>	FCC Mathematics Elective Option* <i>(APUS recommends MATH 145/165/175/185)</i>	3	
Natural Sciences with Lab (NASC) (4 Credits Required)		4	0
BIOL133: General Biology I with Lab <i>(Required)</i>	BSCI 150 Principles of Biology I	4	
Credit used to fulfill General Education requirements†			
	<i>PHED 165 Fitness for Living</i>	3	
Electives (31 Credits Required)		15	16
Choose any additional courses to meet degree requirements**	PHED 170 Introduction to Health and Exercise Sciences	3	
	PHED 152 Methods of Fitness & Conditioning	1	
	PHED 150 Methods of Strength Training	1	
	FCC Concentration Electives Option	10	

Major Requirements (37 Credits Required)		11	26
CHEM133: General Chemistry I with Lab			4
PHYS133: Elements of Physics I with Lab (Prerequisites: MATH110 - College Algebra, MATH111 - College Trigonometry, or MATH225 - Calculus)			4
BIOL250: Human Anatomy and Physiology with Lab I	BSCI 201 Anatomy and Physiology I	4	
BIOL251: Human Anatomy and Physiology with Lab II	BSCI 202 Anatomy and Physiology II	4	
SPHE295: Foundations of Nutrition	FCC Concentration NUTR 102/200 Option	3	
SPHE421: Kinesiology (Prerequisite: BIOL251 - Human Anatomy and Physiology II)			3
SPHE314: Exercise Physiology			3
PSYC460: Sports Psychology			3
SPHE405: Sports First Aid			3
SPHE320: Nutrition (Prerequisite: SPHE295 - Foundations of Nutrition)			3
SPHE420: Exercise Programming and Testing (Prerequisite: BIOL251 - Human Anatomy and Physiology II)			3
General Concentration Requirements^ (18 Credits Required)		3	15
See catalog for course options	FCC Concentration* (APUS recommends HLTH 150) (APUS PBHE209)	3	
Final Program Requirement (3 Credits Required)		0	3
SPHE490: Senior Seminar in Sports and Health Science	MUST BE TAKEN AS FINAL COURSE		3
120 Credits Needed for Graduation		60	60

*†Per APUS' General Education Block policy, students with a conferred Associate of Arts or Associate of Science degree from a regionally-accredited higher education institution will be awarded transfer credit for APUS' General Education requirements (excluding **Required**). As the amount of transfer credit may not exceed the sum of transferrable credit the student earned, the amount of transfer credit applicable to the Electives will be reduced by the sum of General Education Block credit awarded.*

^Credit mapped toward the General Concentration. Other available concentrations for this program: 1) Exercise Science, 2) Coaching Studies, 3) Fitness and Wellness Professional Studies

**Credit variances in academic placement and credit award can occur based on student course selections and APUS' program requirements.*

***Any transferable course not used to fulfill General Education or Major/Concentration requirements may be taken. Please note remedial/developmental and vocational credit is not transferrable.*

Note: *In order to transfer courses to APUS, the student must earn a grade of "C" or better.*