



Degree Transfer Options for Students in the Virginia Community College System

Degree Transfer Option for the **FERRUM COLLEGE B.S. DEGREE IN HEALTH & HUMAN PERFORMANCE - Exercise Science Emphasis**

When a student who has graduated under the Guaranteed Admissions Agreement from an accredited Virginia Community College with an Associate of Arts degree, an Associate of Science degree, or an Associate of Arts and Sciences degree, transfers into Ferrum College, Ferrum College agrees that the student has satisfied the Liberal Arts course requirements portion of its graduation prerequisites. This agreement requires the student to have earned a grade of “C” or higher in courses applicable to the transfer-oriented degree program, have earned a minimum of 60 transferable credits, and hold an overall cumulative GPA of 2.0 or higher prior to enrollment at Ferrum College. If the student has not had a 3-credit Bible-based course as part of the Associate degree curriculum, then Ferrum College will require that the student successfully complete REL 111, 112, 113, or PHI 131. The student must satisfy all other graduation requirements including writing intensive, speaking intensive, E-Term, and experiential learning requirements.

Additional Community College courses to take and the transfer equivalencies in the **FERRUM COLLEGE B.S. DEGREE IN HEALTH & HUMAN PERFORMANCE - (ES)**

In conjunction with the completion of the Associate degree (excluding Applied Science degree), courses below should be completed with a grade of C or higher in order to meet requirements for the B.S. in Health & Human Performance. The Four Semester Plan included on page 2 provides the remaining requirements to complete the Ferrum College B.S. in Health & Human Performance. If the courses below are not taken, this may increase the number of credit hours needed during each of the semesters while enrolled at Ferrum College to meet degree requirements.

VIRGINIA COMMUNITY COLLEGE SYSTEM

Course Number	Course Title	Credits
Bible-based Religion: REL 200 or 210	Old or New Testament	3
CST 100	Principles of Public Speaking	3
PSY 200	Principles of Psychology	3
HLT 100	First Aid and CPR	3
PED 109, 111, 105, or 106	Yoga, Weight Training, Aerobic Dance I or II	1
HLT 217 or HLT 230	Exercise and Nutrition or Nutrition & Human Dev	3
BIO 101	General Biology	4
MTH 161 or 163	Pre-Calculus I	3
CHM 111	College Chemistry I	4
CHM 102, 122 or 241	Organic Chemistry with lab	4
BIO 141 or BIO 231	Human Anatomy and Physiology I	4
BIO 142 or BIO 232	Human Anatomy and Physiology II	4
PHY 201	General Physics I	4
PHY 202	General Physics II	4

FERRUM COLLEGE

Course Number	Credits
REL 112 or REL 113	3
COM 201	3
PSY 201	3
HHP 100	1
HHP Activity	1
HHP 348	3
BIO 111	3
MTH 111	3
CHM 103	4
CHM 105 or 301	4
BIO 254	4
BIO 255	4
PHY 201	4
PHY 202	4

*Note: Credits earned in the completion of the AA, AS, or AA&S degree that are not used to satisfy a specific degree requirement at Ferrum College will be counted towards the 121 credits required for graduation where unspecified hours remain.



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Four Semester Plan for Completion of the **FERRUM COLLEGE B.S. DEGREE IN HEALTH & HUMAN PERFORMANCE – Exercise Science Emphasis**

The chart below includes writing intensive (WI), E-Term, and experiential learning requirements. Speaking intensive (SI) is listed when not included in list of classes to be taken in conjunction with community college degree. 50% of the required major and minor hours must be taken at Ferrum College. A total of 121 credits are required to earn a degree from Ferrum College. Electives may be used to fulfill a desired minor.

JUNIOR (FALL)

Course Number	Credits
Elective for Minor or Additional Emphasis or HHP 330 Coaching the Athlete (for Coaching Minor)	3
HHP 200 Health and Wellness	3
HHP 252 Fundamentals of Health & Human Performance	3
HHP 355 Physiology of Exercise	3
HHP 357 Applied Exercise Physiology	1
Elective to Reach 121 Required Hours	3
TOTAL	16

JUNIOR (SPRING)

Course Number	Credits
Writing Intensive (WI) (grade of “C” or higher required)	3
HHP 338 Motor Learning	3
HHP 340 Kinesiology: Science of Basic Human Movement	3
HHP 341 Applied Biomechanics	1
Elective for Minor or Additional Emphasis	3
E-Term	3
TOTAL	16

SENIOR (FALL)

Course Number	Credits
HHP 206 Introduction to Athletic Injuries or HHP 332 Strength and Conditioning	3
HHP 345 Sport Psychology	3
HHP 361 Exercise Assessment & Prescription	3
Elective or course not taken at Community College	3
Elective for Minor or Additional Emphasis	3
TOTAL	15

SENIOR (SPRING)

Course Number	Credits
HHP 450 Capstone – Design/Application (WI) (grade of “C” or higher is required)	3
HHP 499 Internship	4
HHP 400 Advanced Exercise Science	3
Elective or course not taken at Community College	3
Elective for Minor or Additional Emphasis or HHP 402 Organization/Administratn Sprts (for Coaching Minor)	3
TOTAL	16