

Christopher Newport University Bachelor of Science in Kinesiology

Associate Transfer Degree Plan in Kinesiology

COURSE REQUIREMENTS

| Complete at VCCS | | | | Complete at CNU | | |
|-------------------------------|--------------|---|---|-------------------------------|---------|---|
| BACHELOR'S DEGREE REQUIREMENT | SATISFIED BY | | | BACHELOR'S DEGREE REQUIREMENT | | |
| Course | Credits | CC Course | Notes | Course | Credits | Notes |
| | 1-2 | SDV 100 College Success Skills or 101 Orientation | | Foreign Language | 3 | One 3-credit hour language course at the 200-level is required for graduation |
| ENGL 123 | 3 | ENG 111 College Comp I | | BIOL 213/213L | 4 | |
| ENGL 223 | 3 | ENG 112 College Comp II or 113 Tech-Prof Writing | | CHEM 221/221L | 4 | |
| Liberal Learning Curriculum | 3 | Any UCGS Art or Humanities | These two courses must come from two different disciplines. | CHEM 222/222L | 4 | |
| Liberal Learning Curriculum | 3 | Any UCGS Art, Humanities, or Literature | | PHYS 152/152L | 4 | |
| PSYC 201 | 3 | PSY 200 Introduction to Psychology | | BIOL 250 | 3 | |
| Liberal Learning Curriculum | 3 | Any UCGS History | | BIOL 284/284L | 4 | |
| BIOL 211/211L | 4 | BIO 101 Introduction to Biology | | BIOL 285/285L | 4 | |
| MATH 125 | 3 | MTH 245 Stats | | BIOL 300 | 3 | |
| BIOL 212/212L | 4 | BIO 102 Introduction to Biology II | | BIOL 319 | 3 | |
| CHEM 121/121L | 4 | CHM 111 Gen Chem I | | BIOL 419/419L | 4 | |
| BIOL 113 & 109L and Elective | 8 | BIO 141 & 142 Human Anatomy & Physiology I and II | | BIOL 426/426L | 4 | |
| Elective | 3 | HLT 230 Principles of Nutrition | | Writing Intensive | 2 | Two WI courses with the BIOL prefix |
| BIOL 271 | 3 | HLT 143 Medical Terminology | | General Electives | 14 | If needed to meet 120 credits |

| | | | | | | |
|-----------------------------|-----|--|-----------------------------------|---------------------------|--|--|
| CHEM 242/242L | 4 | CHM 112 Gen Chem II | | | | |
| PHYS 151/151L | 4 | PHY 201 General College Physics I | | | | |
| MATH 130 | 5-6 | Math prerequisites (MTH 161 PreCalculus I / MTH 162 PreCalculus II, MTH 167 PreCalculus with Trigonometry) | MTH 161 + 162 or MTH 167 required | | | |
| | | Additional transfer electives, if needed to meet 60 credits | | | | |
| CREDITS PRE-TRANSFER: 60-62 | | | | CREDITS POST-TRANSFER: 60 | | |

TRANSFER GUIDANCE

Guaranteed Admission Agreement

By meeting the following criteria, you are guaranteed admission to CNU:

- Submit the [letter of intent](#) after at least 15 credit hours are earned at the VCCS, prior to graduation from the VCCS, and prior to applying for admission to CNU
- Graduate with a transfer-oriented degree from the VCCS with a 3.2 cumulative GPA
- Have at least one semester (fall/spring) with full-time enrollment (min. 12 credits)
- Maintain continuous enrollment in all non-summer terms from the point of registering their intent to transfer until the associate degree has been conferred

Formally apply for admission to CNU in the semester designated on the letter of intent and follow all admission processes, requirements and established deadlines

IMPORTANT LINKS & DATES:

- **University Transfer Center:** transfer.cnu.edu
- **Register Intent to Transfer:** Once at least 15 credit hours are earned at the VCCS, prior to graduation from the VCCS, and prior to applying for admission at CNU by completing this form https://cnu.edu/admission/transfer/pdf/cnu-vccs_gaa_letter_of_intent.pdf
- **Admission Application for Fall:** Priority date is March 1, application closes mid-July
- **Admission Application for Spring:** Priority date is October 1, application closes mid-December
- **Financial Aid:** cnu.edu/financialaid/types/
- **FAFSA - Free Application for Federal Student Aid:** March 1 for fall semester at studentaid.gov

WHAT SHOULD I CONSIDER WHEN SELECTING COURSES?

- Create a schedule for all required courses, pay attention to prerequisites and when courses are offered, complete your first math and English courses in your first year. For help, see Transfer Steps and Resource Center at www.TransferVirginia.org
- Connect with an advisor at your community college and CNU within your first year. College Connect available in your account at www.TransferVirginia.org

IS THIS DEGREE RIGHT FOR ME?

- The major provides students with a strong foundation in the biological sciences as well as in applying that science to human systems, with courses and labs in anatomy and physiology, exercise physiology, and biomechanics. Kinesiology is not only a great fit for students interested in physical therapy and occupational therapy, but also those interested in sports medicine, athletic training and other related fields.

WHAT IS THE IMPACT ON MY DEGREE OF WORK I HAVE ALREADY COMPLETED?

- **Associate Transfer Degree Completion:** The completion of a transfer-oriented associate degree (including completion of an associate degree in high school) will satisfy all lower-level liberal

learning core requirements, excluding second language literacy, graduation requirements, upper-level requirements, and concentration/minor/major requirements. Courses, with a grade of 'C' or better, that have a Christopher Newport equivalent will transfer for 60-66 hours of college-level credit.

- **Credit for Prior Learning:** CNU accepts AP, IB, Cambridge, CLEP and military credits
- **Catalog Year:** <https://cnu.edu/public/undergradcatalog/>

IS THIS COLLEGE RIGHT FOR ME?

- We think 5,000 students is just the right size. We're large enough to offer a wide variety of opportunities, but we're small enough that you won't feel like you are just a number
 - 90% of our faculty have the highest degree in their field but more important is their passion for engaging and advising students inside and outside the classroom
 - More than half of our classes have 19 or fewer students and less than 5% have 50 students or more! Professors know our students by name and expect them to be engaged each class
 - We enjoy a wonderful sense of community here, and our Honor Code is taken very seriously. We have a speaking tradition and you'll find that students and faculty here will hold the door for you and look you in the eye as you walk by
- Learn more about our college at www.TransferVirginia.org

DID YOU KNOW THAT...

- Completing your Associate transfer degree post-high school satisfies all lower-division general education requirements and increases the chance of completing your bachelor's degree?
- Exceeding 3 years or 90 credits at your community college means you may have exhausted your financial aid at that college and have limited your future financial aid at CNU?

WHAT CAN I DO WITH THIS DEGREE?

Explore possible careers, salaries, and job outlook at www.TransferVirginia.org

PROGRAM SUCCESSES & HIGHLIGHTS

Kinesiology majors will have access to CNU's state-of-the-art Science and Engineering Research Center by fall 2025

WHAT ARE MY CHANCES FOR GETTING ACCEPTED?

If you apply through general application instead of through the Guaranteed Admission Agreement, you will be considered for admission with all other transfer applicants.

Learn more about applying at www.TransferVirginia.org

DO MORE WITH YOUR DEGREE!

- Students are encouraged to participate in an internship while pursuing their degree
- Students are encouraged to study abroad while pursuing their degree