

Radford University Bachelor of Science in Exercise, Sport, and Health Education: Health and Exercise Science

TRANSFER GUIDE
Catalog Years: 2025-2026

Associate Transfer Degree Plan in Kinesiology

COURSE REQUIREMENTS

Complete at VCCS				Complete at Radford University		
BACHELOR'S DEGREE REQUIREMENT	SATISFIED BY			BACHELOR'S DEGREE REQUIREMENT		
Course	Credits	CC Course	Notes	Course	Credits	Notes
General Education	1-2	SDV 100 College Success Skills or 101 Orientation		ESHE 315 Physical Activity and Aging	3	HLTH 270 or 271 can be taken at the community college, if offered
ENGL 111	3	ENG 111 College Comp I		ESHE 391 Exercise Science	3	
ENGL 112	3	ENG 112 College Comp II or ENG 113 Technical-Professional Writing		ESHE 470 Practicum in HES	3	
General Education	3	Any UCGS Art or Humanities	These two courses must come from two different disciplines.	Cognate 1 courses	24	Students choose 2 out of 4 cognates and complete 24 total hours in each cognate. Credits depend on which courses were taken under additional transfer coursework.
General Education	3	Any UCGS Art, Humanities, or Literature		Cognate 2 courses	24	Students choose 2 out of 4 cognates and complete 24 total hours in each cognate. Credits depend on which courses were taken under additional transfer coursework.
PSYC 121	3	PSY 200 Introduction to Psychology		elective	3	
General Education	3	Any UCGS History				
BIOL 105	4	BIO 101 Introduction to Biology				
STAT 130 or 200	3	MTH 155 Statistical Reasoning or MTH 245 Statistics				

General Education	3-4	Any UCGS transfer course				
General Education	3-4	Any UCGS transfer course				
BIOL 310 and BIOL 311	8	BIO 141 & 142 Human Anatomy & Physiology I and II				
NUTR 214	3	HLT 230 Principles of Nutrition				
HLTH 215	3	HLT 143 Medical Terminology				
HLTH 200	3	HLT 110 Personal and Community Health				
	3-4	Select additional courses as schedule allows: CHM 111 General Chemistry I, CHM 112 General Chemistry II, HLT 206 Intro to Kinesiology, PHY 201 & PHY 202 or PHY 241 & PHY 242, MTH 263 Calculus I, SOC 200 Intro to Sociology, EDU 200 Foundations of Education				
MATH 100 or MATH 125	3	MTH 154 Quantitative Reasoning or MTH 161 Precalculus I				
	Up to 7	Additional transfer coursework	Recommend courses: HLT 121 Intro to Drug Use/Abuse, PSY 230 Developmental Psych, PSY 215 Abnormal Psych			

CREDITS PRE-TRANSFER: 60-62

CREDITS POST-TRANSFER: 60

TRANSFER GUIDANCE

Radford University and VCCS Guaranteed Admission Agreement

By meeting the following criteria, students who complete the prescribed curriculum and meet the criteria below are guaranteed admission into Radford University.

- Earn a transferable associate degree.
- Earn a minimum of 2.8 cumulative GPA.
- Good academic standing at current institution.

Please visit the TransferVirginia.org portal to find course requirements for different majors (Transfer Tools) and **Transfer Guides** that outline course requirements for specific majors. (Resource Center).

IMPORTANT LINKS & DATES:

- **University Transfer Center:** <https://admissions.radford.edu>
- **Admission Application:** By March 1 for Priority Fall Admission process and November 1 for Priority Spring Admission process at <https://radford-info.org/transfer/>
- **Financial Aid:** <https://www.radford.edu/fin-aid>
- **FAFSA - Free Application for Federal Student Aid:** Priority deadline of March 1 at <https://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 Radford University within your first year. College Connect is available in your account at www.TransferVirginia.org.

IS THIS DEGREE RIGHT FOR ME?

- Students in Health and Exercise Science can enter the workforce in the health and fitness industry or continue their academic preparation in exercise science, strength and conditioning, public health, or other health-related graduate programs.
- Health and Exercise Science is a customizable degree based on the professional pathway that interests students.
- Students with this degree can sit for certifications such as Personal Training, Certified Strength and Conditioning Specialist (CSCS) and Certified Health Education Specialist (CHES).

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

- **Associate Transfer Degree Completion:** Completion of the transfer-oriented degree program will satisfy the REAL Curriculum (lower division/general education) requirements.
- **Dual Enrollment – Completion of Associate Degree in HS:** Students completing the associate degree in high school should apply using the freshman application. If admitted, the student will receive the benefits associated with the transferable associate degree (as noted above).
- **Credit for Prior Learning:** Specific course credit will only be added to a student record once official scores are received and evaluated by the Office of Admissions. An official Joint Services Transcript should be sent for evaluation of specific military credit.
- **Catalog Year:** Students will be subject to the catalog in effect at the time of enrollment at RU unless otherwise requested.

IS THIS COLLEGE RIGHT FOR ME?

- Located in the city of Radford, Radford University's campus community is well-known for strong faculty/student bonds, vibrant student life and a commitment to student support.
 - Situated in the stunning landscape of southwest Virginia, there are plenty of nearby opportunities to explore the outdoors.
 - With 70+ bachelor's degree programs across a variety of disciplines, the classes at Radford are hands-on in state-of-the-art facilities and designed to help you prepare for your chosen career path.
 - Transfer students have the option of choosing to live on-campus or off-campus within the local area.
 - Over 80% of students receive some form of financial aid.
 - 16 Division 1 teams and 300+ student organizations.
- 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 Radford University.

WHAT CAN I DO WITH THIS DEGREE?

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

PROGRAM SUCCESSES & HIGHLIGHTS

- Students have the opportunity to engage in undergraduate research with faculty members.
- Students complete field experiences based on their career interests.
- Prepares students for entry-level positions in the field or for graduate school in Public Health, Exercise Physiology, Kinesiology or Strength and Conditioning.

WHAT ARE MY CHANCES FOR GETTING ACCEPTED?

- Of students who apply, usually about 65% of transfer applications are accepted to Radford University and about 80% of the entering transfer class comes from the Virginia Community College System
- Learn more about applying at www.TransferVirginia.org.

DO MORE WITH YOUR DEGREE!

- Students can use ROTC courses in the major.
- Students can join a living/learning community dedicated to health and wellness.
- Students can work at the Student Recreation and Wellness Center as a personal trainer or fitness instructor.

OTHER THAN CLASSES, ARE THERE OTHER PROGRAM REQUIREMENTS?

- Students must maintain a cumulative GPA of 2.0 or higher to graduate with this degree.