

Virginia Commonwealth University Bachelor of Science in Health, Physical Education and Exercise Science with a concentration in Exercise Science

Associate Transfer Degree Plan in Kinesiology

TRANSFER GUIDE
Catalog years: 2025-2027

COURSE REQUIREMENTS

| Complete at VCCS | | | | Complete at VCU | | |
|-------------------------------|---------|--|---|---|---------|--|
| BACHELOR'S DEGREE REQUIREMENT | | SATISFIED BY | | BACHELOR'S DEGREE REQUIREMENT | | |
| Course | Credits | CC Course | Notes | Course | Credits | Notes |
| UNIV 101 | 1-2 | SDV 100 College Success Skills or 101 Orientation | | Foreign language 101-102 (by course or placement) | 0-6 | This requirement can be waived if students completed 3 or more years of a foreign language at high school. |
| UNIV 111-112 | 3 | ENG 111 College Comp I | UNIV 111 is waived and students receive 3 credits for UNIV 112. | HPEX 300 | 3 | Complete in first semester at VCU. |
| UNIV 200 | 3 | ENG 112 College Comp II | | HPEX 310 | 3 | |
| General Education | 3 | Any UCGS Art or Humanities (Block II) | These two courses must come from two different disciplines. | HPEX 395 | 3 | |
| General Education | 3 | Any UCGS Art, Humanities, or Literature (Block II) | | HPEX 495 | 6 | |
| PSYC 101 | 3 | PSY 200 Introduction to Psychology | | HPEX 350 | 3 | |
| General Education | 3 | Any UCGS History (Block VI) | | HPEX 371 | 3 | |
| BIOL/Z 151 | 4 | BIO 101 General Biology I | | HPEX 374 | 4 | |
| STAT 210 | 3 | MTH 245 Statistics | | HPEX 375 + HPEZ 375 | 4 | |
| PHYS 201 | 4 | PHY 201 General College Physics I | | HPEX 380 | 3 | |
| CHEM/Z 101 | 4 | CHM 111 General Chemistry I | | HPEX 440 | 3 | |
| BIOL 205 + PHIS/Z 206 | 8 | BIO 141 & 142 Human Anatomy & Physiology I and II | | HPEX 441 | 3 | |
| BIOL 217 | 3 | HLT 230 Principles of Nutrition | | HPEX 470 | 3 | |
| HPEX 250 | 3 | HLT 143 Medical Terminology | | HPEX 475 | 3 | |

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|--------------------------|-----|---|--|---------------------------|------|--|
| MATH 151 | 5-6 | MTH 167 Precalc with Trig (or MTH 161-162) | | HPEX 480 | 1 | |
| | 4-6 | Additional community college- specific transfer courses required for completion of associate degree. | | PSYC 304 | 3 | |
| | | | | Restricted electives | 6-12 | |
| CREDITS PRE-TRANSFER: 60 | | | | CREDITS POST-TRANSFER: 60 | | |

TRANSFER GUIDANCE

This degree program is covered by VCU's Guaranteed Admission Agreement.

By meeting the following criteria, you are guaranteed admission to the BS in Health, Physical Education & Exercise Science:

- Earn the transfer associate degree.
- Earn a minimum GPA of 2.5 for your associate degree. VCU will recognize the cumulative GPA as recorded on the VCCS transcript and not recalculate based on multiple course attempts.
- Complete a minimum of 30 credits at VCCS institution
- Earn grades of "C" or higher in all community college courses.

IMPORTANT LINKS & DATES:

- **University Transfer Center:** <https://transfer.vcu.edu/>.
- **Register Intent to Transfer:** <https://ugradadmissions.vcu.edu/register/letterofinterest>.
- **Admission Application:** By March 15 for fall admission and November 1 for spring at <https://www.vcu.edu/admissions/apply/>.
- **Financial Aid:** <https://semss.vcu.edu/our-services/financial-resources-and-guidance/>.
- **FAFSA - Free Application for Federal Student Aid:** March 1 for fall semester at <https://studentaid.gov/h/apply-for-aid/fafsa>.

WHAT SHOULD I CONSIDER WHEN SELECTING COURSES?

- Complete your English courses and start your math sequence in your first year.
- Create a schedule for all required courses, pay attention to prerequisites and when courses are offered. For help, see Transfer Steps and Resource Center at www.TransferVirginia.org.
- Connect with an advisor at your community college and the VCU Transfer Center (<https://transfer.vcu.edu/>) in your first semester.

IS THIS DEGREE RIGHT FOR ME?

- The Department of Kinesiology and Health Sciences offers programs that prepare students to pursue careers that utilize exercise interventions for both healthy and diseased populations and/or careers designed for students who wish to enter a healthcare-related field (that does not require licensure, certification or registry status). The department offers one undergraduate degree program; the Bachelor of Science with either the exercise science concentration or the health science concentration.
- Career paths include exercise physiologist, corporate fitness director, cardiopulmonary rehabilitation specialist, strength and conditioning specialist and wellness director. Additionally, the exercise science concentration prepares students for graduate study in exercise science or athletic training and offers an excellent option for those students who want to obtain the prerequisites for postgraduate study in physical therapy, occupational therapy and medicine.

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

- **Associate Transfer Degree Completion:** The completion of a transfer associate degree results in all lower-division general education requirements being met when you transfer to VCU.
- **Dual Enrollment – Completion of Associate Degree in HS:** The completion of an associate degree concurrent with high school results in 60 credits of coursework applied towards your degree and VCU's general education courses will be satisfied. High school students must apply to VCU as freshman applicants for orientation and engagement purposes.
- **Credit for Prior Learning:** VCU accepts AP, IB, Cambridge, CLEP, DANES, and military credits.
- **Catalog Year:** VCU will honor the degree requirements of the VCU Undergraduate Bulletin in effect at the time of the student's first post-high school enrollment into an appropriate associate degree at the two-year institution. Students must stay enrolled at their community college and take no more than four years to complete their associate degree. Students must also enroll at VCU within one year of completing their associate degree.

IS THIS COLLEGE RIGHT FOR ME?

- Located in downtown Richmond, within two hours of the beach, the mountains and Washington DC, VCU provides top-ranked academic programs, research opportunities and an urban setting so students can live and learn in the real world.

- VCU is a large, public research institution dedicated to the success and well-being of students and the Richmond community.
- Diversity, inclusion and equity are deeply ingrained core values at VCU. If you are looking to connect with a broad range of people, come join us!

Learn more about our college at www.TransferVirginia.org.

DID YOU KNOW THAT...

- Completing your associate transfer degree satisfies all lower division general education requirements and increases the likelihood you will complete your bachelor's degree?
- Exceeding 3 years or 90 credits at your community college could exhaust your financial aid there and reduce your future financial aid at VCU?

WHAT CAN I DO WITH THIS DEGREE?

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

PROGRAM SUCCESSES & HIGHLIGHTS

Designed as an integral part of each student's professional preparation, our clinical experiences (internships) contribute significantly to student development. These structured experiences are intended to provide opportunities for the student to apply theory, acquire professional skills, and develop as a young professional.

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!

The Department of Kinesiology and Health Sciences offers an accelerated B.S. to M.S. program that allows students to earn both the B.S. in health, physical education, and exercise science and M.S. in health and movement science in a minimum of five years by completing approved graduate courses during the senior year of their undergraduate program.

OTHER THAN CLASSES, ARE THERE OTHER PROGRAM REQUIREMENTS?

All students must complete at least one VCU "REAL" experiential learning activity in order to graduate from VCU. Examples of REAL activities include: internships, research, and service learning. This requirement may be satisfied by completing a 300-level (or higher) REAL course or through an approved REAL co-curricular experience.

Learn more at <https://real.vcu.edu/>.