

**Westchester Community College A.S. Health and Human Performance
to Excelsior College B.S. in Health Sciences**
September 2017

This program plan outlines how students can transfer from the **Westchester Community College A.S. Health and Human Performance** program to the **Excelsior College B.S. in Health Sciences** program. Upon completion of the **A.S.**, the following credits will apply for students enrolling in the **B.S. in Health Sciences** program.

Westchester Community College Credits	Semester Hours	Excelsior College Requirements	Semester Hours
ENG 101: Writing and Research	3	Written English Requirement	3
COMM 109: Speech Communication	3	Humanities Elective	3
ENG 102: Writing and Literature	3	Written English Requirement	3
MATH 140: Statistics	4	Statistics Requirement	4
BIOL 121: Anatomy & Physiology I & Lab	4	Natural Science/Math Elective	4
BIOL 123: Anatomy & Physiology II & Lab	4	Natural Science/Math Elective	4
PSYCH 101: General Psychology	3	Social Sciences Elective	3
The Arts OR Foreign Languages OR Other World Civilization Course	3	Social Sciences Elective	3
American History OR Western Civilization Course	3	Social Sciences Elective	3
HHP 101: Personal Training	3	Health Sciences Elective	3
HHP 102: Personal Training Internship	1	Health Sciences Elective	1
HHP 120: Trends in Fitness & Human Performance	1	Health Sciences Elective	1
HHP 130: Fitness Assessment and Prescription	3	Health Sciences Elective	3
HHP 140: Care and Prevention of Athletic Injuries	3	Health Sciences Elective	3
HHP 200: Exercise Physiology & Lab	4	Health Sciences Elective	4
HHP 220: Kinesiology	3	Health Sciences Elective	3
NUTR 101: Nutrition	3	Health Sciences Elective	3
PEC 110: Health and Fitness for Life	2	Health Sciences Elective	2
PEH 116: First Aid/CPR/AED	1	Excess	0
HHP 150: Foundations of Coaching OR HHP 160: Principles of Athletic Training	3	Health Sciences Elective	3
PEC 136: Fitness - Soccer OR PEC 137: Fitness - Softball OR PEC 138: Fitness - Tennis OR PEC 139: Fitness - Volleyball OR PEC 140: Fitness - Golf OR PEC 142: Fitness - Badminton OR PEC 143: Fitness - Basketball OR PEC 158: Intro to PE Activities OR PEH 216: Aerobic Exercise OR PEH 109: Lifeguarding/First Aid/CPR/AED OR PEH 110: Swimming for Fitness OR PEH 218: Exercise and Conditioning OR PES 104: Badminton - Tennis	6	Health Sciences Elective	6
Total Credits Required for Associate	63	Total Credits Accepted from Associate	62

* Courses would be classified as Health Science electives, but the total number of credits exceeds the maximum allowable 32 in this area.

Credits To Be Taken At Excelsior College *

Excelsior College Requirements	Semester Hours
INL 102: Information Literacy	1
Arts & Sciences Electives	24
Humanities (includes HSC 312 Ethics of Health Care)	6
HSC 310 Writing and Communication in the Health Science Professions	3
HSC 320 Health Care Issues in Culturally Diverse Populations	3
HSC 445 Introduction to Health Care Informatics	3
Emphasis in: Health & Wellness, Management, Education, Public Health	9
HSC 431 Introduction to Health Care Delivery Systems	3
HSC 365 Research for Evidence Based Practice	3
HSC 464 Health Sciences Capstone	3
Total Credits	58

* The above credits (with the exception of the **Capstone** course) may also be transferred in or taken at another 4-year regionally accredited institution.

Evaluation Summary	Semester Hours
Credits Accepted from Associate Degree	62
Credits from Excelsior *	58
Total Credits Required for Bachelor's Degree	120

* Students are required to take a minimum of **12.00 online course credits** from Excelsior to qualify for partner pricing.

NOTE: Excelsior College reviews every student individually and this guide is just a sample scenario. Actual requirements will be dependent on the courses a student transfers to Excelsior.

What are Arts and Sciences?

We offer the following definitions to help you make these determinations. Remember, however, that before you pay to take a course or examination you should always consult with your advisor to make sure that it will help meet your degree requirements.

Humanities

Humanities subjects focus on developing knowledge and skills in critical reading, logical thought, and esthetic appreciation. Here are some subject areas typically classified as Humanities:

Art, Philosophy, Music, Foreign Language, Literature, Theater, Ethics, Speech, Religion, Communication

Social Sciences and History

Social Sciences and History subjects focus on individuals and society and the processes individuals use to order their world. Here are some subject areas typically classified as Social Sciences and History:

Psychology, Economics, Sociology, Geography, Political Science, History, Anthropology

Natural Sciences and Mathematics

Natural Sciences and Mathematics subjects focus on understanding the natural world and problem-solving processes. Here are some subject areas typically classified as Natural Sciences and Mathematics:

Anatomy and Physiology, College Algebra, Microbiology, Calculus, Chemistry, Genetics, Biology, Physics