

PROGRAM
TRANSFER GUIDE



This transfer guide is intended for students pursuing an Associate's Degree in Arts & Sciences; Exercise Science at Carroll Community College who are interested in pursuing a Bachelor's Degree in Exercise Science at Towson University. This transfer guide outlines the courses and program requirements a student should follow to satisfy degree requirements at Carroll Community College in order to complete both the Carroll Community College and TU degrees within a total of 4 years and 120 credits.

Associate's Degree in Arts & Sciences; Exercise Science

Bachelor's Degree in Exercise Science

Effective Term:
Spring 2027

YEAR 1 - Carroll Community College					
Fall	TU Equivalent	Credits	Spring	TU Equivalent	Credits
PHED 101 - Lifetime Fitness & Wellness	KNES 235	3	BIOL 101 - Fundamentals of Biology 1 © (Core 7) ♦ *	BIOL 200/200L	4
CIS 101 - Intro to Computer Information Sys © ♦ (Core 4)	COSC 111	3	HES 105 - Introduction to Exercise Science*	KNES 297	3
ENGL 101 - College Writing © (Core 2) *	ENGL 102	3	HLTH 210 - Nutrition and Weight Management ♦	HLTH 204	3
HES 100 - Emergency Care First Aid Safety and CPR ♦	HLTH 103	3	ENGL 102 - Writing About Literature © (Core 12)	ENGL TLL	3
MATH 126- College Algebra ♦ © (Core 3)*	MATH 115	3	HLTH 101 - The Sci & Theory of Hlth & Wellness* © (Core 11)	HLTH 101	3
TOTAL CREDITS:		15	TOTAL CREDITS:		16

YEAR 2 - Carroll Community College					
Fall	TU Equivalent	Credits	Spring	TU Equivalent	Credits
SOC 215 Diversity in U.S. © (Core 13)	SOCI 243	3	BIOL 211 - Human Anatomy & Physiology 2*	BIOL 222/222L	4
BIOL 210 - Human Anatomy & Physiology 1 © (Core 8) *	BIOL 221/221L	4	CHEM 101 - Introduction to Chemistry ♦*	CHEM 121/121L	4
PSYC 101 - General Psychology © (Core 6) *	PSYC 101	3	COMM 105 - Intro to Speech Communication ♦ © (Core 5)	COMM 131	3
PHYS 101 - Fundamentals of Physics I*	PHYS 211	4	SOC 101 - Introduction to Sociology © (Core 10) ♦	SOCI 101	3
PHIL 105 - Ethics © (Core 14) ♦	PHIL 103	3			
TOTAL CREDITS:		17	TOTAL CREDITS:		14

YEAR 3 - Towson University			
Fall		Spring	
	Credits		Credits
KNES 265 Fundamentals in Health and Physical Assessment*	3	KNES 364 Clinical Exercise Assessment and Prescription*	3
KNES 313 Physiology of Exercise*	4	KNES 217 Functional Anatomy or*	3
KNES 361 Exercise Psychology or*	3	KNES 311 Biomechanics or*	
KNES 355 Psychology of Sport*		KNES 341 Concepts of Motor Learning*	
KNES 367 Quantitative Research Methods*	3	Upper-level KNES Elective (see TU catalog for approved options)*	3
General Elective	3	General Electives	6
TOTAL CREDITS: 16		TOTAL CREDITS: 15	

YEAR 4 - Towson University			
Fall		Spring	
	Credits		Credits
KNES 469 Advanced Writing for Research in Exercise Science (Core 9)*	3	Upper-level KNES Elective (see TU catalog for approved options)*	3
Upper-level KNES Elective (see TU catalog for approved options)*	3	Upper-level KNES Elective (see TU catalog for approved options)*	3
Upper-level KNES Elective (see TU catalog for approved options)*	3	General Elective	3
General Elective	3	General Elective	3
General Elective	3		
TOTAL CREDITS:		15	TOTAL CREDITS: 12

* Denotes course that must be completed with a grade of C or better ** Must consult with a TU Academic Advisor © Core Curriculum

Notes & Recommendations from Towson University:

*Core 1 at TU is automatically waived for all transfer students.

*Students must follow the course selections outlined in this agreement. Failing to complete the specified courses will require them to fulfill remaining requirements at TU and could jeopardize their ability to earn a bachelor's degree within two years.

*Courses with the ♦ symbol are recommendations only; consult with advising for alternate options to complete all coursework within four years.

*Course equivalents ending in TLL are general lower-level elective coursework at TU.

* No more than 9 units total of KNES 371, KNES 396, and KNES 398 can be taken toward the 15 units of elective coursework.

Bachelor’s degree requirements for all students:

- A cumulative grade point average (GPA) of 2.0 is required.
- A C grade (2.0 GPA) or higher is required for all major courses and prerequisites.
- 32 credits of the bachelor’s degree must be completed at the upper level (courses numbered 300 or above) at TU

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