

**MOUNT WACHUSETT COMMUNITY COLLEGE
and
FITCHBURG STATE UNIVERSITY**

Mount Wachusett Community College and Fitchburg State University agree to enter into an articulation agreement in the following academic discipline:


*Exercise and Sports Science Concentration (LAX)
and
Exercise and Sport Science*

This agreement is set forth by Mount Wachusett Community College and Fitchburg State University in an effort to delineate a transfer student's best options in course selection. This document outlines advising recommendations, curriculum options, and course equivalencies where they exist. It signifies the ongoing commitment between these two institutions of higher education to promote coordinated curricula of the highest quality. As such, it bears with it the commitment of our respective faculty, and administrative staff to strengthen these ties and address the needs of our students in a mutually beneficial manner.

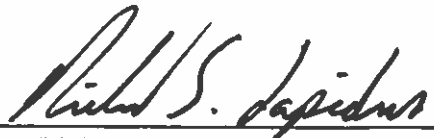
Acknowledging that students may transfer from a wide variety of majors, this agreement does not prohibit transfer to, or from, other programs of study at either institution. This agreement outlines the optimal transfer route from Mount Wachusett Community College to Fitchburg State University.

This articulation agreement does not supersede or in any way alter the statewide MassTransfer agreements currently in existence. Similarly, students taking advantage of the MassTransfer program are encouraged to utilize these articulation agreements in preparation for their transfer to Fitchburg State University.

Signed on this day, MARCH 31, 2016



Dr. Daniel M. Asquino
President
Mount Wachusett Community College



Dr. Richard S. Lapidus
President
Fitchburg State University

TRANSFER ARTICULATION AGREEMENT

Between

Mount Wachusett Community College
and
Fitchburg State University

in

Exercise and Sport Science
Concentration

-

Exercise and Sports Science

This agreement is effective as of April 2016 and will remain in effect until April 2019, with the provision that the terms specified herein will continue to apply to graduates who transfer from Mount Wachusett Community College to Fitchburg State University, one year after the expiration of this agreement. The faculty at both institutions agree to meet annually to review the agreement and discuss modifications.

For: **Mount Wachusett Community College**

For: **Fitchburg State University**



Dr. Eileen Costello
Dean of Health Professions, Public Service
Programs and Social Science



Dr. Danielle Wigmore
Department Chairperson, Exercise & Sports
Science



Dr. Melissa Fama
Vice President of Academic Affairs



Dr. Paul Weizer
Interim Vice President for Academic
Affairs/Provost

**Mount Wachusett Community College and
Fitchburg State University Associate to Bachelor Completion Degree Plan**

Mount Wachusett Community College		Fitchburg State University	
Associate of Science in Exercise and Sports Science		Bachelor of Science in Exercise and Sports Science	
	Credits		Credits
ENG 101	College Writing I	ENGL 1100	Writing I
MAT 163	Pre-Calculus	MATH 1300	Pre-Calculus (plus 1 credit elective)
ENG 290	LAS Capstone: Advanced Writing and Research	IDIS 1995	Transfer Elective (Free Elective)
BIO 113	Life Science for Allied Health	BIOL 1000	Life Science I (plus 1 cr. elective) – will be substituted for BIOL 1800 for Clinical Exercise Physiology track
PER 130	Health, Fitness, and Wellness	EXSS 1000	Health and Fitness (Free Elective)
ENG 102	English Composition II	ENGL 1200	Writing II
SPC 113	Speech	SPCH 1000	Intro to Speech Communication
PSY 105	Introduction to Psychology	PSY 1100	General Psychology
HIS 105, 106, 201 or 202	History Elective: History of World Civilization I or II, History of the United States I or II	HIST 1000, 1100, 1400 or 1500	World Civilizations I or II (GDCN) or United States History I or II
BIO 199	Anatomy & Physiology I	BIOL 1200	Anatomy & Physiology I
ART 101, 105 or 113	Art Elective: Introduction to Painting, Introduction to Drawing or Introduction to Studio	ART 2102, 1400 or 1300	Introductory Painting, Drawing or Introduction to Studio Art
EXS 201	Exercise Science and Nutrition	EXSS 1011	Intro to Exercise Science (plus 1 credit elective)
CIS 127	Computer Technologies	CSC 1100	Computer Applications (Substitute for BSAD 1700 for Fitness Mgmt.)
EXS 102 or PTA 104	Prin. of Anatomy and Kinesiology or Applied Anatomy & Kinesiology	EXSS 2050	Functional Anatomy (plus 1 credit elective for PTA 101)
ENG 213, 214, 224, 227, 228 or 261	Literature Elective: American Literature I, American Literature II, Mystery Fiction, English Literature I, English Literature II or The Short Story	ENGL 2000, 2100, 2750, 2200, 2210 or 2700	American Literature I, American Literature II, Detective Fiction, British Literature I, British Literature II or The Short Story
BIO 204	Anatomy & Physiology II	BIOL 1300	Anatomy & Physiology II
EXS 203	Exercise Testing and Program Design	EXSS 3450	Exercise Testing & Prescription
HIS 105 or HIS106	History of World Civilization I or II (Culturally Diverse History Elective)	HIST 1000 or 1100	World Civilizations I or II (GDCN)
ECO 102	Microeconomics	ECON 1200	Principles of Economics: Microeconomics
MWCC Credits		Transfer credits	
			63-64
			63-64

Courses to be completed at Fitchburg State University (both concentrations)
(42 credits)

CHEM 1200	Chemistry for the Health Sciences	4 cr.
EXSS 2065	Intro to Research in Exercise Science	3 cr.
EXSS 2071	Exercise Physiology I	4 cr.
EXSS 2072	Exercise Physiology II	4 cr.
EXSS 2300	Nutrition in Exercise and Sports or Applied Nutrition	3 cr.
EXSS 3000	Applied Nutrition	3 cr.
EXSS 3120	Strength Training and Conditioning	3 cr.
EXSS 2500	Human Motor Development	3 cr.
EXSS 4005	Biomechanics and Motor Control of Human Movement	3 cr.
EXSS 4040	Fitness Management	3 cr.
EXSS 4200	Professional and Career Development	3 cr.
EXSS 4950	Internship	6 cr.
	Course coded GDA (Global Diversity Arts)	3 cr.

Courses required for Fitness Management concentration

BSAD 2010	Introduction to Financial Reporting	3 cr.
BSAD 2020	Introduction to Managerial Accounting	3 cr.
BSAD 3200	Principles of Management	3 cr.
BSAD 3300	Fundamentals of Marketing	3 cr.
BSAD 3500	Business Law I	3 cr.
EXSS 2400	Health Promotion	3 cr.

60 cr.

Courses required for Clinical Exercise Physiology

EXSS 3600	Exercise Response in Special Populations	3 cr.
EXSS 4045	Cardiovascular Physiology and Electrophysiology	3 cr.
Free Electives		8/9 cr.

56/57 cr.

This agreement is based on the assumption that students will transfer in the MassTransfer block. Students who do not complete the MassTransfer block at Mount Wachusett Community College must fulfill all Fitchburg State University Liberal Arts and Sciences requirements as well as the above Exercise and Sport Science major courses. Additional credits may be required for graduation if students do not select courses as indicated in this articulation agreement.