

2+2 Health Promotion and Exercise Science with Health Science Transfer Agreement with Shepherd University and Lord Fairfax Community College

Lord Fairfax Community College Course				Shepherd University Equivalent Course			
YEAR ONE				YEAR ONE			
Fall Course ID	Course Title	Cred.	CORE	Fall Course ID	Course Title	Cred.	CORE
ENG 111	College Composition I	3		ENGL 101	Writing and Rhetoric II	3	T1-ENG
HIS 111	History of Wrld Civilizations I	3		HIST 101	History of Civ. Ancient & Medieval	3	T1-HIST
MTH 154	Quantitative Reasoning	3		MATH 107	Quantitative Reasoning	3	T1-MA
ITE 115	Intro Computer Applications & Concepts	3		RECR 200	Recreation & Sport Management Tech	3	
SDV 100	College Success Skills	1		HLTH 101	FYEX in Health and Exercise	1	
PSY 200	Principles of Psychology	3		PSYC 101	Introduction to Psychology (MD)	3	T2-SO
FALL TOTAL	YEAR 1	16 hrs		FALL TOTAL	YEAR 1	16 hrs	
Spring Course ID	Course Title	Cred.	CORE	Spring Course ID	Course Title	Cred.	CORE
ENG 112	College Composition II	3		ENGL 102	Writing and Rhetoric II	3	T1-ENG
CST 100	Principles of Public Speaking	3		COMM 202	Fundamentals of Speech (GL)	3	T2-HM
PSY 230	Developmental Psychology	3		PSYC 340	Lifespan Development Psychology	3	
PLS 135	U.S. National Politics	3		PSCI 101	American Federal Government (CK)	3	T2-SO
MTH 155	Statistical Reasoning	3		MATH 341	Statistics	3	
SPRING TOTAL	YEAR 1	15 hrs		SPRING TOTAL	YEAR 1	15 hrs	
YEAR TWO				YEAR TWO			
Fall Course ID	Course Title	Cred.	CORE	Fall Course ID	Course Title	Cred.	CORE
BIO 101	General Biology I	4		BIOL 104	General Biology	4	T1-LS
RPK 141	Leadership and Supervision	3		HLTH 100	Exercise Leadership	3	
HLT 105	Cardiopulmonary Resuscitation	1		ELECTIVE	Elective	1	
HLT 156	Healthcare for Athletic Injuries	3		ATHC 324	Care and Prevention of Athletic Injuries	3	
HLT 160	Personal Health and Fitness	3		GSPE 210	Fitness for Life	3	T2-WE
FALL TOTAL	YEAR 2	14hrs		FALL TOTAL	YEAR 2	14hrs	
Spring Course ID	Course Title	Cred.	CORE	Spring Course ID	Course Title	Cred.	CORE
BIO 102	General Biology II	4		BIOL 103	General Biology	4	T1-LS
GEO 210 or GEO 220	People & the Land: Intro to Cultural Geography or World Regional Geography	3		GEOG 105 or GEOG 202	World Cultural Geography or World Regions (GL)	3	T2-SO
CORE	Humanities Elective	3		CORE	Humanities Core Requirement	3	T2-HM
ENG 241	Survey of American Literature I	3		ENGL 204	Survey of American Literature (MD)	3	T2-HM
HIM 111	Medical Terminology I	3		RECR 331	Medical Terminology	3	
SPRING TOTAL	YEAR 2	16 hrs		SPRING TOTAL	YEAR 2	16 hrs	61 hrs

Shepherd University Courses							
YEAR THREE				YEAR THREE			
Fall Course ID	Shepherd Course Title	Cred.	CORE	Spring Course ID	Shepherd Course Title	Cred.	CORE
HLTH 110	Wellness in the Workplace	3		HLTH 375	Exercise Physiology	3	
HLTH 203	Contemporary Health I	3		HLTH 390	Exercise Prescription	4	
HLTH 235	Stress Management	3		PHED 401	Teaching Adaptive Physical Education	3	
BIOL 225	Human Anatomy and Physiology I	3		HLTH 405	Applied Kinesiology	3	
BIOL 227	Human Anatomy and Physiology I, LAB	1		BIOL 226	Human Anatomy and Physiology II	3	
CORE	ART Core Requirement	3		BIOL 228	Human Anatomy and Physiology II, LAB	1	
FALL TOTAL	YEAR 3	16 hrs		SPRING TOTAL	YEAR 3	17 hrs	
YEAR FOUR				YEAR FOUR			
Fall Course ID	Shepherd Course Title	Cred.	CORE	Spring Course ID	Shepherd Course Title	Cred.	CORE
HLTH 391	Worksite Health Promotion	3		HLTH 450	HPEX Internship	9	T3-CAP
HLT 465	Essentials of Strength/Conditioning	3		HLTH 400	Exercise for Special Populations	3	
HLTH 468	Principles of Sport Nutrition	3					
HLTH 350	Research in Health & Exercise	3	T2-WM				
HLTH 225	First Aid/CPR (waive with current certification)	3					
FALL TOTAL	YEAR 4	15 hrs		SPRING TOTAL	YEAR 4	12 hrs	
			TOTAL	CREDITS	FOR ALL FOUR YEARS	121	

Approved By: R. Scott Beard March 26, 2020
 Scott Beard, Provost
 Shepherd University

Approved By: Christopher Coutts March 29, 2020
 Kimberly Blosser, President
 Lord Fairfax Community College