

# 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:

*Physical Therapist Assistant  
and  
Exercise and Sports Science*

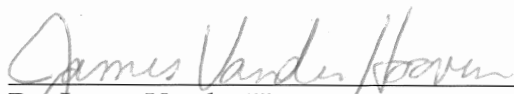
This agreement is set forth by Mount Wachusett Community College and Fitchburg State University in an effort to delineate a transfer student's best options in course selection. This document outlines advising recommendations, curriculum options, and course equivalencies where they exist. It signifies 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.

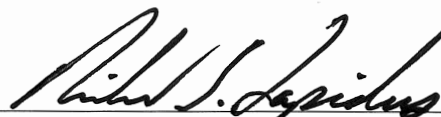
Students graduating from the Mount Wachusett Community College in the Physical Therapist Assistant (PTA) program with a qualitative grade point average of 2.5 or greater may transfer to the Fitchburg State University Exercise and Sports Science program with concentrations in either Clinical Exercise Physiology or Strength and Conditioning with a maximum of 75 transfer credits.

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 for students pursuing a career in the field of Exercise and Sports Science.

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 are encouraged to utilize these articulation agreements in preparation for their transfer to Fitchburg State University.

Signed on this day, April 29, 2019

  
\_\_\_\_\_  
Dr. James Vander Hooven  
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

Physical Therapist  
Assistant

-  
Exercise and Sports  
Science

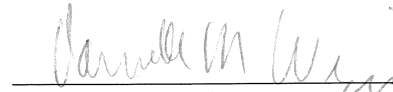
This agreement is effective as of May 2019 and will remain in effect until May 2022, with the provision that the terms specified herein will continue to apply to graduates who transfer from Mount Wachusett Community College to Fitchburg State University, within one year of the expiration of this agreement. 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**



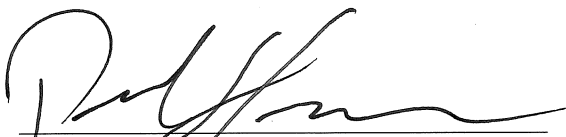
Eileen Costello  
Dean, School of Health Professions,  
Public Service Programs and Social Sciences



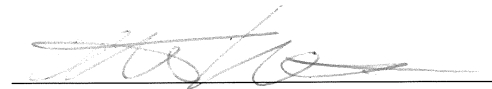
Dr. Danielle Wigmore  
Department Chairperson, Exercise  
and Sports Science



Dr. John Schaumloffel, Ph.D  
Dean, Health and Natural Sciences



Dr. Paul Hernandez  
Vice President of Academic and Student Affairs



Dr. Alberto Cardelle  
Provost and Vice President for  
Academic Affairs

**PTA (MWCC) to EXSS: Clinical Exercise Physiology  
Curriculum Map**

	Fitchburg State Course Equivalent & Credits	Notes
<b>PTA Courses from MWCC</b>		
PSY 105: Introduction to Psychology (3)	PSY 1100: Intro to Psychological Science (3) (CTW)	Count towards CTW Human Behavior.
BIO 152: Essentials of Anatomy and Physiology (4)	BIOL 1200: Anatomy and Physiology I (4) (LAB)	2.0 grade or higher required.
MAT 143: Statistics (3)	MATH 1700: Applied Statistics (3) (SMT)	Specifying MAT 143
PTA 104: Applied Anatomy and Kinesiology (4)	EXSS 2050: Functional Anatomy (3) EXSS 2990: Transfer Elective (1)	
ENG 101: College Writing I (3)	ENGL 1100: Writing 1 (ART) (3)	
ENG 102: College Writing II (3)	ENGL 1200: Writing 2 (ART) (3)	
PTA 111: Clinical Orthopedics for the PTA (10) + First Aid and CPR/AED Certificate	EXSS 2023: Intro. to Sports Medicine (3) Free Electives (7)	Fitchburg would require MWCC students to also have First Aid certification.
PTA 139: Human Disease and Pathology (4)	BIOL 1994 Transfer Elective (4)	Free Elective
PTA 120: Integrated Clinical 1 (1), PTA 121: Integrated Clinical 2 (1), PTA 116: Clinical Practicum II (5), PTA 119: Clinical Practicum III (5)	EXSS 4950: Internship (6 credits) + Free Electives (6)	Experience in clinical practicum would be appropriate for internship credit in CEP concentration
Humanities Elective (3) – recommend selecting HUM 260 The Art of Being Human I	Any course equivalent to ARTS area for LA&S at Fitchburg (3)	ARTS LA&S elective
PSY 110: Human Growth and Development (3)	PSY 1200: Lifespan Development (3) (CTW)	Count towards CTW elective.
PTA 112: Therapeutic Modalities (4)	Free Elective (4)	

	<b>Fitchburg State Course Equivalent &amp; Credits</b>	<b>Notes</b>
PTA 114: Neurophysical Techniques (3)	EXSS 2500: Human Motor Development (3)	
<b>Transferred Credits = 59</b>		

	<b>Courses to Take at Either Institution</b>	
BIO 109: Biology 1 (4)	BIOL 1800: General Biology 1 (4, SMT))	Specifying BIO 109
BIOL 204: Anatomy and Physiology II (4)	BIOL 1300: Anatomy and Physiology II (4) (LAB)	
EXS 201: Exercise Science and Nutrition (4)	EXSS 1011: Intro to Exercise Science (3) + Free Elective (1)	2.0 or higher required
EXS 203: Exercise Testing and Program Design (4)	EXSS 3450: Exercise Testing & Prescription (4)	
<b>Credits taken at either institution = 16</b>		

<b>Courses left to Complete at Fitchburg State University</b>	<b>Notes</b>
EXSS 2071: Exercise Physiology 1 (4)	EXSS 1011 (2.0 grade or higher), BIOL 1200 (2.0 grade or higher), BIOL 1300 pre-requisites
EXSS 2065: Introduction to Research in Exercise Science (3)	EXSS 1011, BIOL 1200 pre-requisites (2.0 grade or higher in each)
EXSS 2072: Exercise Physiology II (4)	EXSS 2071 pre-requisite
EXSS 3120: Strength Training & Conditioning (3)	EXSS 2071 (prerequisite) and 2072 (may be taken concurrently)
EXSS 2300: Sports Nutrition or EXSS 3000: Applied Nutrition (3)	EXSS 1011, BIOL 1200 pre-requisites (2.0 grade required)
EXSS 4200: Professional & Career Development (3)	EXSS 1011, BIOL 1200 pre-requisites (2.0 grade required in each) and 60 credits

EXSS 4005: Biomechanics of Human Motor Control (4)	EXSS 2050, BIOL 1200 (2.0 grade required), BIOL 1300 pre-requisites
EXSS 4040: Fitness Management (3)	2.0 or higher required for EXSS 1011 and BIOL 1200, junior or senior standing as pre-requisites.
EXSS 3600: Special Populations (3)	EXSS 2072 and 3450
EXSS 4045: Cardiovascular Physiology (3)	EXSS 2071 and 2072
CHEM 1200: Chemistry for Health Sciences OR CHEM 1300: General Chemistry I (4)	MATH 0200 or equivalent pre-requisite
LA&S CTW: 1 History Course (3)	Will need to be GD course.
LA&S ART: 1 Literature Course (3)	
LA&S AOM: Art or Music (3)	ARTS LA&S elective, may need to be GD course
Advanced LA&S Option Courses (12) *See Below	Recommended by advisement based on career goals.
<b>Credits left to complete at Fitchburg State University = 58</b>	
<b>Total Credits = 133</b>	

**Advanced LA&S Elective Recommendations Include:\***

**\*PHYS 2300 & 2400: General Physics I and II (8 credits including lab)**

**\*CHEM 1400: General Chemistry II (4 credits including lab)**

**\*BIOL 1900: General Biology II (4 credits including lab)**

Typical entry requirements for PT graduate programs require a 3.0 cumulative GPA in the bachelor's degree and a 3.0 GPA for the core required courses denoted with a \* above. Some programs also require PT observation hours. Check individual program requirements before developing your course schedule

**PTA (MWCC) to EXSS: Strength and Conditioning  
Curriculum Map**

<b>MWCC Course &amp; Credits</b>	<b>Fitchburg State Course Equivalent &amp; Credits</b>	<b>Notes</b>
<b>PTA Courses from MWCC</b>		
PSY 105: Introduction to Psychology (3)	PSY 1100: Intro to Psychological Science (3) (CTW)	Count towards CTW Human Behavior.
BIO 152: Essentials of Anatomy and Physiology (4)	BIOL 1200: Anatomy and Physiology I (4) (LAB)	2.0 grade or higher required.
MAT 143: Statistics (3)	MATH 1700: Applied Statistics (3) (SMT)	Specifying MAT 143
PTA 104: Applied Anatomy and Kinesiology (4)	EXSS 2050: Functional Anatomy (3) EXSS 2990: Transfer Elective (1)	
ENG 101: College Writing I (3)	ENGL 1100: Writing 1 (ART) (3)	
ENG 102: College Writing II (3)	ENGL 1200: Writing 2 (ART) (3)	
PTA 111: Clinical Orthopedics for the PTA (10) + First Aid and CPR/AED Certificate	EXSS 2023: Intro. to Sports Medicine (3) Free Electives (7)	Fitchburg would require MWCC students to also have First Aid certification in order to transfer as EXSS 2023
PTA 139: Human Disease and Pathology (4)	BIOL 1994 Transfer Elective (4)	Free Elective
Humanities Elective (3) – recommend selecting HUM 260 The Art of Being Human I	Any course equivalent to ARTS area for LA&S at Fitchburg (3)	ARTS LA&S elective
PSY 110: Human Growth and Development (3)	PSY 1200: Lifespan Development (3) (CTW)	Count towards CTW elective.
PTA 112: Therapeutic Modalities (4)	Free Elective (4)	
PTA 114: Neurophysical Techniques (3)	EXSS 2500: Human Motor Development (3)	
<b>Transferred Credits = 47</b>		

	<b>Courses to Take at Either Institution</b>	
BIO 109: Biology 1 (4)	BIOL 1800: General Biology 1 (4, SMT))	Count towards SMT elective.
BIOL 204: Anatomy and Physiology II (4)	BIOL 1300: Anatomy and Physiology II (4) (LAB)	
EXS 201: Exercise Science and Nutrition (4)	EXSS 1011: Intro to Exercise Science (3) + Free Elective (1)	2.0 grade or higher required
EXS 203: Exercise Testing and Program Design (4)	EXSS 3450: Exercise Testing & Prescription (4)	
<b>Credits taken at either institution = 16</b>		

<b>Courses left to Complete at Fitchburg State University</b>	<b>Notes</b>
EXSS 2071: Exercise Physiology 1 (4)	EXSS 1011 (2.0 grade or higher), BIOL 1200 (2.0 grade or higher), BIOL 1300 pre-requisites
EXSS 2065: Introduction to Research in Exercise Science (3)	EXSS 1011, BIOL 1200 pre-requisites (2.0 grade or higher in each)
EXSS 2072: Exercise Physiology II (4)	EXSS 2071 pre-requisites
EXSS 3120: Strength Training & Conditioning (3)	EXSS 2071 (pre-requisite) and 2072 (may be taken concurrently)
EXSS 3011: Practicum in Strength and Conditioning 1a (1)	EXSS 3120
EXSS 2300: Sports Nutrition (3)	EXSS 1011, BIOL 1200 pre-requisites (2.0 grade required)
EXSS 4200: Professional & Career Development (3)	EXSS 1011, BIOL 1200 pre-requisites (2.0 grade required in each) and 60 credits
EXSS 1450: Weight Training for Athletes (1)	
EXSS 3012: Practicum in Strength & Conditioning 1b (1)	EXSS 3120 pre-requisite
EXSS 3001: Assessment for Strength & Conditioning (1)	EXSS 3120 pre-requisite
EXSS 4002: Practicum in Strength & Conditioning 2a (2)	EXSS 3011 and 3012 (1a and 1b)
EXSS 4000: Fundamentals of Coaching (3)	

EXSS 4005: Biomechanics of Human Motor Control (4)	EXSS 2050, BIOL 1200 (2.0 grade required), BIOL 1300 pre-requisites
EXSS 4040: Fitness Management (3)	2.0 or higher required for EXSS 1011 and BIOL 1200, junior or senior standing as pre-requisites.
EXSS 4003 Practicum in Strength & Conditioning 2b (2)	EXSS 3011 and 3012 (1a and 1b)
EXSS 4950: Internship (6)	Current CPR certification, EXSS 3450, senior standing, GPA of 2.5 (overall and in EXSS courses), and approval of the Exercise and Sport Science department.
LA&S CTW: 1 History Course (3)	Will need to be GD course.
LA&S ART: 1 Literature Course (3)	
LA&S AOM: Art or Music (3)	ARTS LA&S elective, may need to be GD course
Advanced LA&S Option Courses (12) *See Below	Recommended by advisement based on career goals.
<b>Credits left to complete at Fitchburg State University = 65</b>	
<b>Total Credits = 128</b>	

**Advanced LA&S Elective Recommendations Include:\***

**\*PHYS 2300 & 2400: General Physics I and II (8 credits including lab)**

**\*CHEM 1400: General Chemistry II (4 credits including lab)**

**\*BIOL 1900: General Biology II (4 credits including lab)**

Typical entry requirements for PT graduate programs require a 3.0 cumulative GPA in the bachelor's degree and a 3.0 GPA for the core required courses denoted with a \* above. Some programs also require PT observation hours. Check individual program requirements before developing your course schedule