

**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*

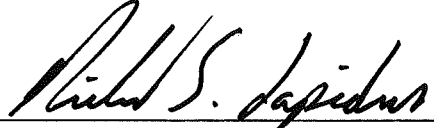
This agreement is set forth by Mount Wachusett Community College and Fitchburg State University in an effort to delineate a transfer student's best options in course selection. This document outlines advising recommendations, curriculum options, and course equivalencies where they exist. It signifies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

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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                                                                                                                                   | 3            | ENGL 1100                                          | Writing I                                                                                                                        | 3            |
| MAT 163                                             | Pre-Calculus                                                                                                                                        | 4            | MATH 1300                                          | Pre-Calculus (plus 1 credit elective)                                                                                            | 4            |
| ENG 290                                             | LAS Capstone: Advanced Writing and Research                                                                                                         | 3            | IDIS 1995                                          | Transfer Elective (Free Elective)                                                                                                | 3            |
| BIO 113                                             | Life Science for Allied Health                                                                                                                      | 4            | BIOL 1000                                          | Life Science I (plus 1 cr. elective) – will be substituted for BIOL 1800 for Clinical Exercise Physiology track                  | 4            |
| PER 130                                             | Health, Fitness, and Wellness                                                                                                                       | 3            | EXSS 1000                                          | Health and Fitness (Free Elective)                                                                                               | 3            |
| ENG 102                                             | English Composition II                                                                                                                              | 3            | ENGL 1200                                          | Writing II                                                                                                                       | 3            |
| SPC 113                                             | Speech                                                                                                                                              | 3            | SPCH 1000                                          | Intro to Speech Communication                                                                                                    | 3            |
| PSY 105                                             | Introduction to Psychology                                                                                                                          | 3            | PSY 1100                                           | General Psychology                                                                                                               | 3            |
| HIS 105, 106, 201 or 202                            | History Elective: History of World Civilization I or II, History of the United States I or II                                                       | 3            | HIST 1000, 1100, 1400 or 1500                      | World Civilizations I or II (GDCN) or United States History I or II                                                              | 3            |
| BIO 199                                             | Anatomy & Physiology I                                                                                                                              | 4            | BIOL 1200                                          | Anatomy & Physiology I                                                                                                           | 4            |
| ART 101, 105 or 113                                 | Art Elective: Introduction to Painting, Introduction to Drawing or Introduction to Studio                                                           | 3            | ART 2102, 1400 or 1300                             | Introductory Painting, Drawing or Introduction to Studio Art                                                                     | 3            |
| EXS 201                                             | Exercise Science and Nutrition                                                                                                                      | 4            | EXSS 1011                                          | Intro to Exercise Science (plus 1 credit elective)                                                                               | 4            |
| CIS 127                                             | Computer Technologies                                                                                                                               | 3            | CSC 1100                                           | Computer Applications (Substitute for BSAD 1700 for Fitness Mgmt.)                                                               | 3            |
| EXS 102 or PTA 104                                  | Prin. of Anatomy and Kinesiology or Applied Anatomy & Kinesiology                                                                                   | 3-4          | EXSS 2050                                          | Functional Anatomy (plus 1 credit elective for PTA 101)                                                                          | 3-4          |
| 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 | 3            | 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 | 3            |
| BIO 204                                             | Anatomy & Physiology II                                                                                                                             | 4            | BIOL 1300                                          | Anatomy & Physiology II                                                                                                          | 4            |
| EXS 203                                             | Exercise Testing and Program Design                                                                                                                 | 4            | EXSS 3450                                          | Exercise Testing & Prescription                                                                                                  | 4            |
| HIS 105 or HIS106                                   | History of World Civilization I or II (Culturally Diverse History Elective)                                                                         | 3            | HIST 1000 or 1100                                  | World Civilizations I or II (GDCN)                                                                                               | 3            |
| ECO 102                                             | Microeconomics                                                                                                                                      | 3            | ECON 1200                                          | Principles of Economics: Microeconomics                                                                                          | 3            |
| <b>MWCC Credits</b>                                 |                                                                                                                                                     | <b>63-64</b> | <b>Transfer credits</b>                            |                                                                                                                                  | <b>63-64</b> |

**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 <b>or</b>       | 3 cr. |
| EXSS 3000                                | Applied Nutrition                                |       |
| 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. |

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**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. |

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**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.*