### REMEDIAL SEQUENCE (if required)

- ESL 1 (8) □
- ESL 2 (6) □
- ESL 3 (6) □
- ENG 9 (4) □
- ENG 11 (4) □
- RDL 1 (4) □
- MTH 12 (6) □
- CHM 2 (4) □

### GRADUATION REQUIREMENTS

- GPA ≥ 2.0 □
- Writing Intensive 1 □
- Writing Intensive 2 □

### FRESHMAN SEMINAR

- PYS 11 □

1. ENG 1/ENG 2 & RDL 1/RDL 2 are no longer available. Students with ENG/RDL remedial needs will now enroll in corequisite course ENG 100 (if English Proficiency Index < 50), or ENG 110 (if English Proficiency Index = 50-64).
2. Students in the curriculum are strongly advised to take MTH 23 or MTH 23.5 to fulfill required Core Area B.
3. MTH 1/MTH 5 are no longer available. Students with Math Proficiency Index of 59 or lower may now enroll in corequisite courses MTH 21.5 or MTH 23.5. Students with 39 or lower MPI are strongly encouraged to enroll in Math Start/CUNY Start.
4. The program has been given a waiver to require its students to take a STEM variant course in Required Core Area C and Flexible Core Area E.
5. One or more sections of this course/requirement are typically offered that have zero textbook costs. Search for the course attribute "OER" (Open Educational Resource) to find the zero-textbook-cost section.
6. Restricted Elective: must select one course from Flexible Core A-E. No more than two courses in any discipline or interdisciplinary field.

### REQUIRED COMMON CORE (Course listing at: [http://www.bcc.cuny.edu/pathways/?p=Required-Common-Core](http://www.bcc.cuny.edu/pathways/?p=Required-Common-Core))

| □ A | English Composition I & II  
EN 100 OR EN 110 OR ENG 111; AND ENG 112 OR ENG 113 OR ENG 114 OR ENG 115 OR ENG 116 | 6 |
| □ B | Mathematical and Quantitative Reasoning  
MTH 21 OR MTH 21.5 OR MTH 23 OR MTH 23.5 OR other course from Required Area B | 3 |
| □ C | Life and Physical Sciences  
BIO 23 Human Anatomy and Physiology I | 4 |

Subtotal: 13

### FLEXIBLE COMMON CORE (Course listing at: [http://www.bcc.cuny.edu/pathways/?p=Flexible-Common-Core](http://www.bcc.cuny.edu/pathways/?p=Flexible-Common-Core))

Students can complete no more than two courses from any one discipline or interdisciplinary field.

- A World Cultures and Global Issues | 3 |
- B US Experience in its Diversity | 3 |
- C Creative Expression | 3 |
- D Individual and Society | 3 |
- E Scientific World | 4 |
- F Scientific World | 4 |

A-E Select an additional course from Flexible Core A-E

Subtotal: 3

### MAJOR REQUIREMENTS

- CPR 10 OR WFA 10 Cardiopulmonary Resuscitation OR WFA Workplace First Aid Training | 1 |
- HLT 91 Critical Issues in Health | 2 |
- HLT 94 Human Nutrition | 3 |
- EXS 101 Introduction to Exercise Science and Kinesiology | 3 |
- EXS 102 Behavioral Aspects of Physical Activity | 3 |
- PEA 101 Introduction to Personal Training | 3 |
- PEA 12 OR PEA 16 Elementary Hatha Yoga OR Strength and Flexibility Training through Pilates | 1 |
- PEA 11 Fitness for Life | 1 |
- PEA 51 Stress Management | 2 |
- COMM 20 Public Speaking and Critical Listening | 0-3 |
- PSY 11 Introduction to Psychology | 0-3 |
- PSY 35 Dynamics of Human Motivation | 3 |
- ELECTIVES Free Electives | 0-9 |

Subtotal: 28

TOTAL: 60

Notes:

- Students are encouraged to begin Transfer Planning early in their Academic careers. Please visit the Transfer Planning web site for the timeline as well as the information on articulation and transfer: [Transfer Services – Bronx Community College (cuny.edu)](http://www.bcc.cuny.edu/academics/academic-advising/degree-maps/)
- The program articulates with Lehman College’s B.S. in Exercise Science.

This document is for advisement purposes only and does not represent an official listing of degree requirements; please consult the college catalog, as well as DegreeWorks via the CUNY Portal.

(Reviewed/Revised 10/15/21)