

Equivalency Agreement
Berkshire Community College to Springfield College
A.S. in Allied Health: Physical Fitness¹ / B.S. in Applied Exercise Science (AEXS)

Berkshire Community College			Springfield College (Major requirements in bold)		
AHS 142	Exercise Science	3	AEXS ELE	Applied Exercise Science Elective	3
AHS 148	Responding to Medical Emergencies	2	EMSM ELE	Emergency Medical Services Elective	2
AHS 150	Introduction to Nutrition	3	NUSC 261	Introduction to Nutrition	3
AHS 155	Stress and Your Health	3	HLTH ELE	Health Elective	3
AHS 220	Principles of Fitness Components	3	AEXS ELE	Applied Exercise Science Elective	3
AHS 235	Fitness Program Planning	3	AEXS ELE	Applied Exercise Science Elective	3
AHS 238	Mind/Body Theories and Methods	3	HLTH ELE	Health Elective	3
BIO 201	Anatomy and Physiology I	4	BIOL 130/132	Anatomy and Physiology Concepts w/ Lab I	4
BIO 202 ³	Anatomy and Physiology II	4	BIOL 131/133	Anatomy and Physiology Concepts w/ Lab II	4
COM 105	Introduction to Oral Communication	3	COMM ELE	Communication Elective	3
ENG 101	Composition I	3	ENGL 113	College Writing I	3
ENG 102	Composition II	3	ENGL 114	College Writing II	3
MAT 136 ⁴	Math for Health Sciences	3	QUAN 162	Quantitative Reasoning Gen. Ed.	3
PED 135	Functional Training Workout	2	MOST ELE	Movement and Sport Studies Elective	2
PED 136	Weight Training	1	PEAC 122	Weight Training	1
PED 137	Cardio Fit	1	PECP 211	Aerobic Activities	1
PED 144	Stretching and Flexibility	1	PEAC ELE	Physical Activity Elective	1
PED 152	Group Exercise Instruction	2	PEAC ELE	Physical Activity Elective	2
PED 161	Advanced Strength Training	1	WLPL 225	Drugs and Society	1
PED 170	Personal Trainer	3	AEXS ELE	Applied Exercise Science Elective	3
PED 180	Fitness for Life	2	PEPC 100	Fitness for Life	2
PED 196 ²	Practicum I	1	No credit awarded		0
PED 197 ²	Practicum II	1	No credit awarded		0
PED 207	Prevention & Care of Exercise Injuries	2	ATRN ELE	Athletic Training Elective	2
PED 241	Advanced Practicum I	1	AEXS 284	On-Campus Practicum	1
PED 242	Advanced Practicum II	1	AEXS ELE	Applied Exercise Science Elective	1
PED 250	Psychology of Sport	3	MOST 328	Psychology of Sport	3
PSY 107	Introductory Psychology	3	PSYC 101	Introduction to Psychology	3
Total Credits: 65			Total credits: 63		

1. Students who have earned an AA or AS degree will have fulfilled the general education program at Springfield College. They are guaranteed a minimum of 60 transfer credits, and all general education requirements will be waived, save for those which are also major requirements. Students must still meet the minimum residency of 45 credits taken at SC.
2. Practicum courses are generally not transferable to Springfield College; an exception has been made for the Advanced Practicum requirements for the A.S. in Physical Fitness.
3. Anatomy and Physiology II should be taken as the general education elective course for the A.S. degree. This course is typically taken by freshmen in AEXS at Springfield College.
4. While MAT 136 will satisfy the degree requirements for the A.S. in Physical Fitness, students in the AEXS program at Springfield College will require College Algebra or greater, before advancing into Physics for Movement Science. Students may choose to take MAT 102 at BCC, an approved equivalent to Springfield College's MATH 115.