

# 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 Track (LAX)*  
and  
*Exercise and Sports Science – all concentrations*

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 Mount Wachusett Community College in the Exercise and Sports Science program with a qualitative grade point average of 2.0 or greater may transfer to the Fitchburg State University Exercise and Sports Science program with between 62 and 75 transfer credits with the following conditions.

Fitchburg State University's Exercise and Sports Science major requires grades of C (2.0) or higher in the following Mount Wachusett Community College coursework for acceptance:


- BIO 203 Anatomy and Physiology I (BIOL 1200 Anatomy and Physiology I)
- EXS 201 Exercise Science and Nutrition (EXSS 1011 Introduction to Exercise Science)

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, 11/14/2022

  
\_\_\_\_\_  
Dr. James Vander Hooven  
President  
Mount Wachusett Community College

  
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Dr. Richard S. Lapidus  
President  
Fitchburg State University

# TRANSFER ARTICULATION AGREEMENT

Between

Mount Wachusett Community College

and

Fitchburg State University

in

Exercise and Sports Science Track

(LAX)

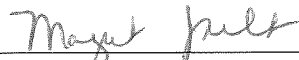
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Exercise and Sports Science




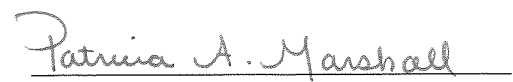
This agreement is effective as of November 2022 and will remain in effect until November 2025, with the provision that the terms specified herein will continue to apply to graduates who transfer from Mount Wachusett Community College to Fitchburg State University, within one year of the expiration of this agreement. The faculty at both institutions agree to meet annually to review the agreement and discuss modifications.

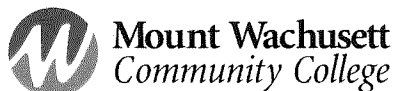
For: **Mount Wachusett Community College**

For: **Fitchburg State University**



\_\_\_\_\_  
Dr. Margaret Jaillet  
Dean, School of Health Professions, Public  
Service Programs & Social Sciences

  
\_\_\_\_\_  
Dr. Jason Talanian  
Department Chairperson, Exercise  
and Sports Science  
\_\_\_\_\_  
Dr. Jennifer Hanselman  
Dean of Health and Natural Sciences  
\_\_\_\_\_  
Dr. John Eisler  
Interim Vice President of Academic Affairs  
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Dr. Patricia A. Marshall  
Provost and Vice President for  
Academic Affairs



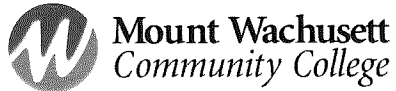
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**Mount Wachusett Community College and  
Fitchburg State University Associate to  
Bachelor Completion Degree Plan Table for  
Exercise and Sports Science**



Mount Wachusett Community College Exercise and Sports Science (LAX)*			Fitchburg State University Exercise and Sports Science		
Credits			Credits		
3	ENG 101	College Writing I	3	ENGL 1100	Writing I
4	MAT 163	Pre-Calculus	4	MATH 1300	Pre-calculus
3-4	BIO 113 or 109	Life Science for Allied Health or Biology I	3-4	BIOL 1800	Substitute for General Biology I
3	PSY 105	Introduction to Psychology	3	PSY 1100	Intro to Psychological Science
3	PER 130	Health, Fitness, and Wellness	3	EXSS 1000	Health and Fitness
3	ENG 102	College Writing II	3	ENGL 1200	Writing II
3	SPC 113	Speech 113	3	SPCH 1000	Intro to Speech Communication
3	History Elective	<b>See List Below</b>	3		History Elective
4	BIO 203	Anatomy and Physiology I	4	BIOL 1200	Anatomy and Physiology I
3	Art Elective	<b>See List Below</b>	3		Art Elective
4	EXS 201	Exercise Science and Nutrition	4	EXSS 1011	Intro to Exercise Science and EXSS Transfer Elective
3	CIS 127	Computer Technologies <b>(beginning Fall 2023, students will take CIS 121 Spreadsheet Applications)</b>	3	BSAD 1700	Intro to Comp Info Systems (will substitute CIS 121 for BSAD 1700)
3-4	EXS 102 or PTA 104	Principles of Anatomy and Kinesiology or Applied Anatomy and Kinesiology	3-4	EXSS 2050	Functional Anatomy or Functional Anatomy and EXSS Transfer Elective
3	Literature Elective	<b>See List Below</b>	3		Literature Elective
4	BIO 204	Anatomy and Physiology II	4	BIOL 1300	Anatomy and Physiology II
4	EXS 203	Exercise Testing and Program Design	4	EXSS 3450	Exercise Testing and Prescription
3	Culturally Diverse History Elective	<b>See List Below</b>	3		History Elective
3	ECO 102	Microeconomics	3	ECON 1200	Principles of Economics: Microeconomics
3	ENG 290	Advance Writing and Research	3	IDIS 2995	Transfer Elective
<b>62-64</b>	<b>Total credits for associate degree</b>		<b>62-64</b>	<b>Transfer credits</b>	

\*Students who complete an associate's degree with these recommended courses have fulfilled their general education requirements for FSU.

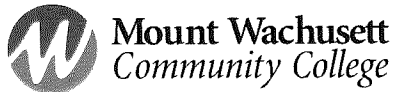


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**Mount Wachusett Community College and  
Fitchburg State University Associate to  
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Exercise and Sports Science**



<b>Courses left to complete at Fitchburg State University</b>					
<b>Core courses for all Exercise and Sports Science concentrations</b>					
Cr	Course Number	Course Title			
3	MATH 1700	Applied Statistics			
3	EXSS 2065	Intro to Research in Exercise Science			
4	EXSS 2071	Exercise Physiology I			
4	EXSS 2072	Exercise Physiology II			
3	EXSS 2300 or EXSS 3000	Nutrition in Exercise and Sports or Applied Nutrition			
3	EXSS 2400	Health Promotion			
3	EXSS 3120	Scientific Foundations of Strength Training and Conditioning			
4	EXSS 4005	Biomechanics and Motor Control of Human Movement			
3	EXSS 4040	Fitness Management			
3	EXSS 4200	Professional and Career Development			
6	EXSS 4950	Internship			
39	subtotal				
<b>Additional requirements for Clinical Exercise Physiology concentration</b>					
4	CHEM 1300	General Chemistry I			
3	EXSS 3600	Exercise Response and Adaptations in Special Populations			
3	EXSS 4045	Cardiovascular and Electrophysiology			
7-9	Free Electives				
<b>56-58</b>	<b>Credits required for Clinical Exercise Physiology concentration</b>				



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**Mount Wachusett Community College and  
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<b>Additional requirements for Fitness Management concentration</b>					
3	EXSS 3600	Exercise Response and Adaptations in Special Populations			
3	BSAD 2010	Introduction to Financial Reporting			
3	BSAD 2020	Introduction to Managerial Accounting			
3	BSAD 2030	Principles of Management			
3	BSAD 2040	Fundamentals of Marketing			
3	BSAD 3500	Business Law I			
(1)	Free Elective depending upon how many credits transferred				
<b>57</b>	<b>Credits required for Fitness Management concentration</b>				
<b>Additional requirements for Strength and Conditioning concentration</b>					
1	EXSS 1450	Weight Training for Athletes			
3	EXSS 2023	Introduction to Sports Medicine			
1	EXSS 3001	Assessments for Strength and Conditioning			
1	EXSS 3011	Practicum in Strength and Conditioning I-a			
1	EXSS 3012	Practicum in Strength and Conditioning I-b			
3	EXSS 4000	Fundamentals of Coaching			
2	EXSS 4002	Practicum in Strength and Conditioning II-a			
2	EXSS 4003	Practicum in Strength and Conditioning II-b			
3-5	Free Electives				
<b>56-58</b>	<b>Credits required for Strength and Conditioning concentration</b>				