

TRANSFER AGREEMENT FOR BACCALAUREATE DEGREE



Southern Maine Community College
and
University of Southern Maine



Statement of Purpose

The purpose of this agreement is to facilitate student academic transfer and provide a smooth transition from Southern Maine Community College (SMCC) to University of Southern Maine (USM). It is recognized that this agreement shall describe the required program of study at SMCC for admission eligibility to University of Southern Maine and the degree program indicated.

Terms & Conditions of Academic Credit Transfer

To: Bachelor of Science in Exercise Science

From: Associate in Science in Health Sciences

The evaluation and transfer of earned college credits shall be in compliance with state and federal education policies and institutional and academic program accreditation standards pertaining to undergraduate academic transfer. Current students and graduates who have earned degrees from Southern Maine Community College shall be eligible for credit evaluation under the terms of this agreement.

Transfer students will be accorded the same standards and criteria for admission to a major degree sequence as University of Southern Maine students. All applicants accepted to University of Southern Maine's Baccalaureate programs must fulfill the graduation requirements of the granting institution as identified in Appendices A, B, and C.

- **Appendix A** Contains Admission & Graduation Requirements of the Receiving Institution
- **Appendix B** Contains Side By Side Course Equivalency Tables for the academic program listed above
- **Appendix C** Contains a four-semester map of remaining courses to be taken at University of Southern Maine

Information contained in Appendices A, B, and C is accurate for University of Southern Maine Catalog Year 2023-2024 and the current transfer equivalency listing. For current information please check the [UMS Transfer Guide](#) or [MaineStreet](#) for equivalencies, and go to <http://usm.maine.edu/catalogs> for the current course catalog year.

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APPENDIX A

Admission & Graduation Requirements of the Receiving Institution

This agreement includes specific requirements for admission into a program, outlines requirements, and indicates which degree or diploma can be used to meet program prerequisites as well as general education, major or program, and graduation requirements.

Admissions Requirements

Successful completion of the SMCC **Associate in Science in Health Sciences**, submission of a completed admission application (if necessary), transcripts and other supporting materials. For coursework to transfer to University of Southern Maine, a student must earn a grade of C- or better. For a list of application instructions and checklist: <http://usm.maine.edu/admit/application-instructions>.

Requirements for the Bachelor of Science in Exercise Science

Remaining required coursework is listed in Appendix C. Student must maintain a cumulative GPA of 2.5 to graduate.

Residency Requirement

For all baccalaureate degrees at the University, a minimum of 30 credit hours, including at least 9 credit hours in the major field at the 200-level or above, must be completed at the University of Southern Maine.

APPENDIX B

Side by Side Course Equivalency Tables

*Courses represented in italics are required. If subjects in italics in Appendix B are **not** taken at SMCC as part of the Associate in Science in Health Sciences program, the sequence represented in Appendix C cannot be observed.*

SMCC Associate in Science in Health Sciences General Education Requirements			University of Southern Maine Bachelor of Science in Exercise Science Equivalencies		
Course	Title	Credits	Course	Title	Credits
ENGL 100	English Composition	3	ENG 100	College Writing	3
ENGL 115	Introduction to Literature	3	ENG 140	Reading Literature (Cultural Interpretation Core Requirement)	3
PSYC 100	Introduction to Psychology	3	PSY 100	Introduction to Psychology	3
FIGS 100	Student Success	1	GEL 1XX	General Elective	1
	Mathematics Elective: <i>MATH 155 Statistics</i>	3		MAT 120 Introduction to Statistics (Quantitative Reasoning Core Requirement)	3
	Science Elective/Lab: <i>BIOL 132 Anatomy & Physiology I/Lab</i>	4	BIO 111/112	Human Anatomy & Physiology I/Lab	4
	Science Elective/Lab: <i>BIOL 138 Anatomy & Physiology II/Lab</i>	4	BIO 113/114	Human Anatomy & Physiology II/Lab	4
	Math or Science Elective: <i>CHEM 120 General Chemistry I</i>	4	CHY 113/114	Principles of Chemistry I/Lab	4
	English Communications Elective: <i>COMM 201 Technical Writing</i>	3	ITP 210	Technical Writing (WRI 3 Core Requirement)	3
	Fine Arts or Humanities Elective: <i>any course that fulfills USM's Creative Expression Core Requirement; see list</i>	3		Direct equivalent or elective credit	3
	Social Science Elective: <i>any course that fulfills USM's Socio-Cultural Analysis Core Requirement; see list</i>	3		Direct equivalent or elective credit	3
Total credits		34	Total credits accepted		34

SMCC Major Requirements			USM Equivalencies		
Course	Title	Credits	Course	Title	Credits
HLTH 100	Introduction to Healthcare	3	GEL 1XX	General Elective	3
HLTH 105	Medical Terminology	3	SCI 140	Medical Terminology	3
HLTH 120	Medical Ethics and Law	3	GEL 1XX	General Elective	3
	Healthcare Track Electives	13		Direct equivalents or elective credits	13
	<i>HLTH 140: Lifetime Physical Fitness and Wellness</i>	3	SPM 219	Lifetime Physical Fitness & Wellness	3
	<i>PSYC 230 Sport Psychology</i>	3	SPM 230	Psychology of Physical Activity and Sport	3
Total Major Credits		28			
Total SMCC Credits		62	Total Credits accepted		62

With the earned SMCC Associate of Science in Health Science, the USM SPM 260 requirement in Exercise Science is waived.

Remaining University of Southern Maine Degree Requirements

for students who have **completed** the SMCC Associate in Science in Health Sciences transferring to University of Southern Maine Bachelor of Science in Exercise Science

Year Three Fall		Year Three Spring	
Course	Credits	Course	Credits
PHY 101/102 Introduction to Physics/Lab	4	SPM 352 Nutrition for Physical Performance	3
SPM 101 Basic Life Support and First Aid I	.5	Culture, Power, and Equity Core Requirement	3
WRI 2 Core Requirement	3	SPM 430 Exercise Testing, Assessment and Prescription	4
SPM 330/331 Physiology of Exercise and Lab	4	SPM 431 Advanced Exercise Physiology	3
SPM 325 Methods of Resistance Training and Conditioning	3	SPM 260 Introduction to Personal Training	3
Semester Credits	14.5	Semester Credits	16

Summer – SPM 350 Health Promotion Programs (3 credits)

Year Three Fall		Year Three Spring	
Course	Credits	Course	Credits
International Core Requirement	3	SPM 495 Clinical Internship (Capstone)	9 or 12
SPM 485 Senior Thesis I	3	SPM 390/391 Biomechanics/Lab	4
SPM 381/382 Kinesiology	4		
SPM 450 Exercise for Special Populations	4		
Social Responsibility and Citizenship Core Requirement	3		
Semester Credits	17	Semester Credits	13 – 16
Total USM Credits: 63.5 – 66.5			
Total SMCC and USM Credits: 124.5 – 127.5			

