



A2BW - Associate to Bachelor's Program

AAS in Sport and Exercise Studies to BS in Exercise Science



Suggested Sequence at Tri-C

For the best A2BW fit, students should complete the following math course as part of the AAS degree prior to transferring: **MATH 1190 or higher

These courses should be selected as part of the AAS: **BIO 1500, 2331, 2341, ENG 1020 and Honors options when available**

First Semester		Credits
BIO 1500#	Principles of Biology	4
ENG 1010	College Composition I	3
PE 1000, 1010, or 1020	Personal Fitness, Personal Strength Development or Weight Training	1-2
HLTH 1100	Personal Health Education	3
SES 1001	Intro to Sport and Exer. Studies	2
SES 1040	Teaching Exer. Training Tech.	3
		16-17

Second Semester		Credits
BIO 2331#	Anatomy and Physiology I	4
MATH 1190 or higher	Algebraic and Quantitative Reasoning or higher	3-4
HLTH 1230 or 1320	Std. First Aid and Personal Safety, or CPR-AED for Healthcare Professionals	1
SES 2000	Essen. of Sport Injury Care	3
SES 2310	Adv. Training Concepts/Tech.	3
PSY 1010	General Psychology	3
		17-18

Third Semester		Credits
BIO 2341#	Anatomy and Physiology II	4
ENG 1020#	College Composition II	3
SES 2500	Health and Wellness Coach Certification Prep	3
SES 2100	Sport and Exercise Physiology	3
SES 2410	Exercise Testing and Prescription	3
		16

Fourth Semester		Credits
DIET 1200	Basic Nutrition	3
SES 2130	Kinesiology	3
SES 2420	Adv. Exer. Testing & Prescription	3
SES 2320	Group Fitness Instructor (recommended)	3
SES 2840	Practicum – (capstone)	2
		14

Associate of Applied Science Degree Awarded Total hours: **63-65***

*A maximum of 60 credits transfers to BW for your AAS degree.

Suggested Sequence at BW

Course sequence may change based on individual needs of the student, schedule type required, and completion of **BIO 2331 and 2341 and MATH 1190 or higher** before transfer.

Fifth Semester		Credits
ASW 201	Orientation to ASW	1
ASW 202 or 205	Principles of Athletic Training or First Aid and Safety Education	3
ASW 209	Research Design & Stats in Sports Sci	3
ASW 211W	Nutrition for the Athlete	3
ASW 302	Physiology of Exercise	3
Minor	Minor coursework	3
		16

Sixth Semester		Credits
ASW 202 or 205	Principles of Athletic Training or First Aid and Safety Education	3
ASW 235	Health Behavior Management	3
ASW 280	Intro to Exercise Science	3
ASW 303	Health/Phys Fitness Assess Tech.	3
ASW 402	Kinesiology/Biomechanics	3
Minor	Minor coursework	3
		18

Seventh Semester		Credits
ASW 335	Fit/Health Promo Prog Mgmt/Leader	3
ASW 445	Theory/Practice of Strength & Cond.	3
Minor	Minor coursework	3
Minor	Minor coursework	3
Minor	Minor coursework	3
		15

Eighth Semester		Credits
ASW 403	Health & Fitness Assess. Practicum	1
ASW 423	Exer Prescript. In Chronic Disease	3
ASW 497X	Internship	3
Minor or ele	Minor coursework, or electives	6
		13

Bachelor of Science Degree Awarded Total hours at Tri-C/BW: **125-127**

BW's Experiential Learning is met through the internship in the Exercise Science major.

Additional information on back



A2BW - Associate to Bachelor's Program AAS to BS in Exercise Science



The A2BW program awards maximum credit for an associate degree from Cuyahoga Community College, streamlining completion of a bachelor's degree from Baldwin Wallace University. A maximum of 60 credits transfers to BW from Tri-C for your AAS degree, fulfilling most of the BW core requirements and guaranteeing junior status.

Disclaimer: Students should work with a BW academic advisor to identify a minor or second major, electives, and possible Experiential Learning options. A BW advisor also assists students with developing a graduation plan for **full or part time study**.

All students must complete:

- A minimum of 120 semester credits (combined Tri-C and BW)
- A minor or second major
- All residency requirements (45 credits for BW, plus major and minor residency)
- An Experiential Learning requirement (Ex: internship, field experience, study abroad, community service)

Students have the opportunity to attend both institutions at the same time through dual enrollment or cross registration.

Dual Enrollment

For more information about dual enrollment, visit: <https://www.bw.edu/undergraduate-admission/transfer/dual-admission/>

Or contact:

Kelsey Zolac

Assistant Director of Admission

Baldwin Wallace University

(440) 826-2429

kzolac@bw.edu

Campus Transfer Centers

www.tri-c.edu/campustransfercenters

Learn More!

Talk with a BW Admission Counselor about the A2BW or for information about cross registration.

440-826-8012

admission@bw.edu

www.bw.edu/A2BW