

FERRIS STATE UNIVERSITY

EXERCISE SCIENCE TRANSFER GUIDE FOR DELTA COLLEGE

Ferris Program: Exercise Science

Degree Type: Bachelor of Science

Ferris College: College of Health Professions

Transfer School: Delta College (DC)

Consortium Eligible: No

Total Credits Required: 120-122

Catalog Year: 2025-2026

This Transfer Guide establishes a transfer pathway from the Associate in Applied Science (A.A.S.) Health Fitness Specialist degree at Delta College into the Bachelor of Science in Exercise Science degree at Ferris State University.

GENERAL EDUCATION REQUIREMENTS – 39-40 Credits Required

Students are encouraged to work with an advisor to select appropriate general education courses. Diversity Competency - 2 Courses Required. If not met by courses taken for Culture, Self and Society, or MTA, a student must meet the following: 1 course with the Global Diversity attribute and 1 course with the U.S. Diversity attribute.

Visit the Ferris State [general education page](#) for more information.

Communication Competency

Ferris Course	Ferris Course Title	Ferris Credit Hours	Transfer Course
COMM 105 or COMM 121 or COMM 221	Interpersonal Communication or Fundamentals of Public Speaking or Small Group Decision Making	3	COM 114W or COM 112W or COM 214W
ENGL 150	English 1	3	ENG 111
ENGL 250	English 2	3	ENG 112 or ENG 211
ENGL 321	Advanced Composition	3	No Equivalent

Quantitative Literacy Competency

Requirements for Quantitative Literary Competency can be met with the following:

- Official Pre-2016 Math SAT Score of 560 or Higher
- Official Post-2016 Math SAT Score of 580 or Higher
- Official Math ACT Score of 24 or Higher

Ferris Course	Ferris Course Title	Ferris Credit Hours	Transfer Course
MATH 115 or MATH 116 or MATH 117	Quantitative Reasoning for Professionals 2 or Intermediate Algebra or Intermediate Algebra and Numerical Trigonometry or	3 or 4 or 4	MTH 119W or MTH 103 or MTH 118W or MTH 122W

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Ferris Course	Ferris Course Title	Ferris Credit Hours	Transfer Course
	Contemporary Mathematics		

Natural Sciences Competency

Two courses are required with a minimum of 6 credits: must have at least one lab course.

Ferris Course	Ferris Course Title	Ferris Credit Hours	Transfer Course
BIOL 103	Biological Concepts	4	BIO 111W
Choose 1 of 2: CHEM 114 or CHEM 121	Introduction to General Chemistry or General Chemistry	4 or 5	No Equivalent or CHM 111

Culture Competency

Three courses are required with a minimum of 9 credits: must be from two different disciplines and have at least one at FSU 200 level or higher course.

Ferris Course	Ferris Course Title	Ferris Credit Hours	Transfer Course
Choose 1 of 2 PHIL 220 or PHIL 320	Ethics in Health Care or Biomedical Ethics	3 or 3	PHL 215W or PHL 230
Varies	Culture Electives (Consult Advisor)	6	

Self and Society Competency

Three courses are required with a minimum of 9 credits: must be from two different disciplines and have at least one at FSU 200 level or higher course, and at least one Self and Society Foundation course.

Ferris Course	Ferris Course Title	Ferris Credit Hours	Transfer Course
COHP 101	The U.S. Healthcare System	3 (Met in Core Curriculum below)	No Equivalent
PSYC 150	Introduction to Psychology	3	PSY 211
200+ level Varies	Self and Society Electives (Consult Advisor)	3	Varies - must transfer in at 200+ level

COLLEGE REQUIREMENTS – 81 Credits Required

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College of Health Professions (COHP) Core Curriculum

11 Credits Required. COHP 100, 101, and 102 can be met with completed A.A.S. Health Fitness Specialist Degree from Delta College. ??

Ferris Course	Ferris Course Title	Ferris Credit Hours	Transfer Course
COHP 100	Orientation to Medical Vocabulary	1	HSC 105
COHP 101	The United States Health Care System	3	No Equivalent
COHP 102	Safety Issues in Health Care	1	No Equivalent
COHP 350	Statistics for Health Care	3	No Equivalent or *Approved Substitution MTH 209 W
COHP 450	Evidence-Based Health Care	3	No Equivalent

Major Courses

48 Credits Required.

Ferris Course	Ferris Course Title	Ferris Credit Hours	Transfer Course
EXSI 100	Intro to Exercise Science	1	LWT 240
EXSI 202	Intro to Fitness and Wellness	2	LW 221W
EXSI 204	First Aid and Emergency Management	3	LWT 165 or LWT 170 and HSC 140 or Waived with current CPR/First Aid certification
EXSI 300	Foundations of Exercise Physiology	3	LWT 251
EXSI 301	Foundations of Exercise Physiology Lab	1	LWT 251
EXSI 304	Anatomical Kinesiology	3	No Equivalent
EXSI 308	Nutrition for Sport and Exercise	3	LWT 211W
EXSI 310	Methods of Fitness Assessment	3	No Equivalent
EXSI 311	Methods of Fitness Assessment Lab	1	No Equivalent

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Ferris Course	Ferris Course Title	Ferris Credit Hours	Transfer Course
EXSI 312	Care and Prevention of Injuries in Sport and Exercise	3	LWT 231
EXSI 400	Principles of Strength and Conditioning	3	No Equivalent
EXSI 402	Counseling and Behavior Change in Exercise Science	3	No Equivalent
EXSI 404	Exercise Prescription for Healthy Populations	3	No Equivalent
EXSI 405	Exercise Prescription for Healthy Populations Lab	1	No Equivalent
EXSI 406	Biomechanics and Motor Learning	3	No Equivalent
EXSI 408	Exercise Prescription for Special Populations	3	No Equivalent
EXSI 410	Administration and Risk Management in Exercise Science	3	LWT 255
EXSI 491	Internship in Exercise Science	3	No Equivalent
EXSI 499	Capstone in Exercise Science	3	No Equivalent

Additional Requirements

22 Credits Required. In order to graduate with a bachelor's degree, a student must have a minimum of 120 credits. The electives required for each student may vary depending on courses taken.

Ferris Course	Ferris Course Title	Ferris Credit Hours	Transfer Course
BIOL 109	Basic Human Anatomy and Physiology	4	BIO 140W
BIOL 251	Human Anatomy	3	BIO 152W
BIOL 252	Human Physiology	3	BIO 153W
Varies	Electives (Consult Ferris Advisor)	12	Varies LWT 210 (3) LWT 214 (2) LWT 230 (3) LWT 242 (4)

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PROGRAM CONTACT INFORMATION

College of Health Professions

Department of Health Administration and Health Information

(231) 591-2270

CHP@Ferris.edu

ADMISSION REQUIREMENTS

MORE INFORMATION

To fulfill the residency requirement for a bachelor's degree a student must earn a minimum of 30 credits from Ferris State University.

Steps to Apply

- Complete your [free application](#).
- Submit official transcripts
 - Submit official transcripts from every school attended to Transfer@Ferris.edu
 - Or mail to:
Ferris State University Admissions Office
1201 S. State St., CSS 201
Big Rapids, MI 49307
- Submit test scores (if required)
 - ACT Scores; go to the [ACT website](#) - Ferris State University School Code: 1994
 - SAT, CLEP and AP Scores; go to the [College Board website](#) - Ferris State University School Code: 1222

Advising Notes

It is recommended that potential applicants meet with an advisor to review the degree, course schedule, transfer policies and have any questions answered prior to completing an application. Ferris accepts transfer courses in which the student earned a letter grade of "C" or better. Additional policies such as the Ferris Sunset and Residency Requirement should be discussed with a Ferris advisor. Students who are completing the MTA may have different general education course requirements for the particular degree selected.

Meeting with a Ferris advisor prior to the selection of general education or elective coursework may reduce the chance of completing a course that will not apply toward the selected degree. Students must work with their Ferris advisor to declare a Minor or Concentration and for the selection of Directed Electives.

Once admitted, students are required to complete an orientation and should continue to meet with an advisor as they work toward graduation.

To schedule an appointment or for additional transfer resources and policies see our [Transfer Resource page](#).

*Indicates an approved Ferris course substitution

Reverse Transfer Agreement

Ferris has reverse transfer agreements with several Michigan Community Colleges. Under such agreement, Ferris will provide your official University transcript to a partner school you have attended, so that they may grant you an associate or bachelor's degree upon completion of sufficient and appropriate credit hours from both institutions. In turn, the degree-granting institution will provide Ferris with an updated transcript reflecting the newly earned credential.

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Michigan Transfer Agreement (MTA)

Ferris participates in the Michigan Transfer Agreement (MTA). This agreement will facilitate the transfer of general education requirements from one Michigan institution to another. Students may complete the MTA as part of a degree program or as a stand-alone package. The MTA consists of a minimum of 30 general education credit hours as identified by the college or university.

Students transferring to Ferris with the Michigan Transfer Agreement (MTA) and entering a degree program will have met a 30-hour block of lower-level general education courses. However, this does not exempt students from completing program-specific prerequisites or higher-level general education course requirements. Students should contact their advisor regarding classes that meet the MTA.

Transfer Equivalencies Tools

The transfer equivalencies link is located in the Transfer Resources section at transfer.ferris.edu.

Disclaimer

Transfer guides are not intended to be a contract with Ferris. The information in this guide is subject to change and is aligned with the catalog year listed above. Students should contact their community college and/or Ferris to keep informed of changes. Students' final responsibility for verifying all transfer information lies with the student. Please refer to the [Ferris catalog](#) for the most current curriculum.

Partners may contact the Office of Transfer and Secondary School Partnerships with questions or updates at TransferGuidesArticulations@Ferris.edu.