

**Ferris Program:** Exercise Science

**Degree Type:** Bachelor of Science

**Ferris College:** College of Health Professions

**Transfer School:** Grand Rapids Community College

**Consortium Eligible:** No

**Articulation Agreement:** Yes

**Total Credits Required:** 120-122

**Catalog Year:** 2026-2027

The effective dates for this Articulation Agreement are January 1, 2026 to January 1, 2029.

This agreement establishes a transfer pathway from the Associate of Arts (A.A.) Degree in Pre-Exercise Science at Grand Rapids Community College into the Bachelor of Science in Exercise Science degree at Ferris State University. If a student covered by this Program Agreement is enrolled in an approved course at the time that the Ferris program is revised or updated, Ferris agrees to accept those courses as outlined in the Program Agreement and apply them toward the relevant degree program.

GRCC Courses with an ^ are required for the GRCC Program.

**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 135 or COM 131 or No Equivalent |
| ENGL 150                         | English 1   | 3                   | EN 101                              |
| ENGL 250                         | English 2   | 3                   | EN 102                              |
| ENGL 321 or ENGL 311             | Advanced Composition  | 3                   | No Equivalent or EN 249             |

**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

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| Ferris Course  | Ferris Course Title  | Ferris Credit Hours | Transfer Course  |
|--|--|---------------------|--|
| MATH 115 or<br>MATH 116 or<br>MATH 117 or<br><br>Any MATH Course<br>Higher than MATH 117 | Quantitative Reasoning<br>for Professionals 2 or<br>Intermediate Algebra or<br>Intermediate Algebra and<br>Numerical Trigonometry<br>or<br>Contemporary<br>Mathematics | 3 or<br>4 or        | MTH 122 or<br>MTH 115 or<br>MTH 116 or<br>MTH 128<br>MTH 148 or<br>MTH 178 |

## 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                   | BI 101  |
| Choose 1 of 2:<br>CHEM 114 or<br>CHEM 121 | Introduction to General<br>Chemistry<br>or<br>General Chemistry | 4<br>or<br>5        | CHM 120<br>or<br>CHM 130 and CHM 131<br>(If planning on graduate<br>program, take CHM 130<br>& 131) |

## 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<br>PHIL 220 or<br>PHIL 320 | Ethics in Health Care or<br>Biomedical Ethics  | 3<br>or<br>3        | No Equivalent<br>or<br>PL 206 |
| Varies                                   | Culture Elective   | 3                   | Varies                        |
| Varies                                   | Culture Elective (Consult<br>Advisor - may need to<br>meet Global Diversity<br>requirement with this<br>class) | 3                   | Varies                        |

## 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<br>System | 3<br>(Met in Core Curriculum<br>below) | No Equivalent   |

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| Ferris Course        | Ferris Course Title                             | Ferris Credit Hours | Transfer Course                                |
|----------------------|---|---------------------|--|
| PSYC 150             | Introduction to Psychology                      | 3                   | PY 201   |
| 200+ level<br>Varies | Self and Society Electives<br>(Consult Advisor) | 3                   | Varies - must transfer in as Ferris 200+ level |

## COLLEGE REQUIREMENTS – 81 Credits Required

### College of Health Professions (COHP) Core Curriculum

11 Credits Required.

| Ferris Course | Ferris Course Title                  | Ferris Credit Hours | Transfer Course                  |
|---------------|--------------------------------------|---------------------|----------------------------------|
| COHP 100      | Orientation to Medical Vocabulary    | 1                   | GH 110                           |
| 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                   | MA 215 or<br>BA 254 or<br>PY 281 |
| 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                   | EXS 184   |
| EXSI 202      | Intro to Fitness and Wellness          | 2                   | EXS 189   |
| EXSI 204      | First Aid and Emergency Management     | 3                   | No Equivalent or waived with current First Aid/CPR certification. |
| EXSI 300      | Foundations of Exercise Physiology     | 3                   | No Equivalent   |
| EXSI 301      | Foundations of Exercise Physiology Lab | 1                   | No Equivalent   |
| EXSI 304      | Anatomical Kinesiology                 | 3                   | No Equivalent   |
| EXSI 308      | Nutrition for Sport and Exercise       | 3                   | No Equivalent   |

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| Ferris Course | Ferris Course Title                                    | Ferris Credit Hours | Transfer Course |
|---------------|--|---------------------|-----------------|
| EXSI 310      | Methods of Fitness Assessment                          | 3                   | No Equivalent   |
| EXSI 311      | Methods of Fitness Assessment Lab                      | 1                   | No Equivalent   |
| EXSI 312      | Care and Prevention of Injuries in Sport and Exercise  | 3                   | No Equivalent   |
| 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                   | No Equivalent   |
| 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                   | BI 117   |
| BIOL 251      | Human Anatomy                      | 3                   | BI 121 (must take both BI 121 and 122 to receive credit) |
| BIOL 252      | Human Physiology                   | 3                   | BI 122 (must take both BI 121 and 122 to receive credit) |

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| Ferris Course | Ferris Course Title           | Ferris Credit Hours | Transfer Course  |
|---------------|-------------------------------|---------------------|--|
| Varies        | Advisor Approved<br>Electives | 12                  | Varies<br>or<br>EXS 198 (3 cr)<br>GH 125 (3 cr)<br>EXS 225 (3 cr)<br>GH 200 (3 cr) |

## PROGRAM CONTACT INFORMATION

### College of Health Professions

Department of Health Administration and Health Information

(231) 591-2270

[CHP@Ferris.edu](mailto: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](mailto: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

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## 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.

## 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](https://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](mailto:TransferGuidesArticulations@Ferris.edu).