Transfer students interested in the Health Fitness Specialist degree should focus on their General Education Core requirements as they earn their Associate in Arts or Associate in Science.

As a transfer student, it is important to contact an ECU Academic Advisor, through hhpadvising@ecu.edu, as soon as possible.

### General Education Core Requirements

*40 semester hours credit required; completion of an approved AA or AS waives this requirement.*

<table>
<thead>
<tr>
<th>Competency</th>
<th>Semester Hour Credits Required</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Written Communication</td>
<td>6</td>
<td>ENG 111 and ENG 112 should be taken at the community college to satisfy this competency.</td>
</tr>
<tr>
<td>Humanities &amp; Fine Arts</td>
<td>9</td>
<td>At least one class should be labeled as Humanities (HU) and one should be labeled as Fine Arts (FA).</td>
</tr>
<tr>
<td>Social Sciences</td>
<td>9</td>
<td>NCCCS HIS courses are not considered a social science at ECU.</td>
</tr>
<tr>
<td>Natural Sciences</td>
<td>7</td>
<td>One course must include a lab.</td>
</tr>
<tr>
<td>Mathematics</td>
<td>3</td>
<td>Choose MAT 171.</td>
</tr>
<tr>
<td>Health Promotion and Health-Related Physical Activity</td>
<td>3</td>
<td>HEA 110 should be taken at the community college to satisfy this competency.</td>
</tr>
</tbody>
</table>

### Suggested courses to take at a NCCCS community college:

- BIO 110 or 111
- BIO 155
- CIS 110 or MAT 152
- BIO 163 or BIO 168
- CHM 135 or 151
- ENG 111
- ENG 112
- HEA 110
- MAT 171
- PHY 151
- PSY 150
Notes:

- Other courses to complete an AA or AS are student’s choice; no other current department recommendations. Other equivalent courses may be listed in the degree requirements.

- Completion of an approved NCCCS AA or AS waives the General Education requirement. For more information about the waiver, click here.

- For more information about General Education Core Requirements at ECU, and a list of specific course options, click here.

- You do not have to complete all NCCCS equivalents or recommended courses before transferring. However, taking minimal recommendations may prolong your time to degree at ECU.