



### Baccalaureate Degree Plan

NCCCS Associate in Arts *or* Associate in Science  
*transfer to*  
East Carolina University, **BS Health Fitness Specialist**

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 [hpadvising@ecu.edu](mailto:hpadvising@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.](#)

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

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

|                           |                           |         |
|---------------------------|---------------------------|---------|
| BIO 110 <b>or</b> 111     |                           | HEA 110 |
| BIO 155                   | CIS 110 <b>or</b> MAT 152 | MAT 171 |
| BIO 163 <b>or</b> BIO 168 |                           | PHY 151 |
| CHM 135 <b>or</b> 151     | ENG 111                   | PSY 150 |
|                           | ENG 112                   |         |

**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.