

# B.S. Exercise Science (Fall 2019 & Later)

**Minimum 120 credits required for Bachelor's degree**

## Foundational Core (30-32 credits)

		Grade
FYS 125 <sup>1</sup>	First Year Seminar	
CTL 125	Critical Thinking	
MA 140	Precalculus	
Choose 1 course from each area *		
<sup>2</sup> Natural/Physical Science		
Literature		
History	HI-100 or HI-102	
Arts/Design/Comm.		
Philosophy		
Theology/Relig		
Social/Behavioral Science		

## Human Journey Seminars: Great Books in CIT (6 Credits)

CIT 201	CIT Seminar I	
CIT 202	CIT Seminar II	

## Liberal Arts Explorations (LAE) (9 Credits)

Student must complete one course in each area. (see list on Registrar's Website - check sheets)		
Humanistic Inquiry (3 credits)		
Social and Global Awareness (3 credits)		
Scientific Literacy (3 credits)		

\* See list of courses.

<sup>1</sup>(Requires Grade C or higher)

<sup>2</sup>Science/Natural Science courses includes approved Math and Computer Science courses. Students are required to take at least one course in Biology, Chemistry, or

Physics in the Foundational or Liberal Arts Exploration Core.

CS and MA courses may be used as a Science/Natural Science in either the Foundational Core or as a requirement in the LAE Core but not in both categories.

Note: MA 006 and ESL courses **will not** count towards the 120 credit graduation requirement.

Approved Study Abroad courses may be used to satisfy requirements for the foundational core or a Liberal Arts Exploration

A maximum of 8 Applied Music credits may be applied towards graduation

## Checksheet Key

T	Course transferred and Requirement satisfied
W	Requirement waived
TW	Course transferred and Requirement waived

## Required Curriculum for EX Majors<sup>1</sup> (31 Credits)

		Grade
EX 100	Introduction to Exercise Science	
EX 101	Introduction to Personal Fitness & Conditioning	
EX 201	Leadership In Healthcare	
EX 240	Sports Medicine in Exercise Science w/ Lab	
EX 250	Exercise Physiology w/ Lab	
EX 255	Nutritional Aspects of Human Health & Perf.	
EX 260	Kinesiology w/ Lab	
EX 290	Behavioral Aspects of Exercise Science	
EX 362	Exercise Testing and Prescription w/ Lab	
EX 363	Dev. Strength & Conditioning Programs w/ Lab	

## Exercise Science Capstone<sup>1</sup> (3 credits)

		Grade
EX 366	Clinical Rotations	
EX 367	Internships in Exercise Science	
EX 397	Practical Applications of Exercise Science	
EX 398	Independent Research in Exercise Science	

## Exercise Science Electives<sup>1</sup> (6 Credits @ 200-level, 3 credits @ 300-level)

		Grade
EX 253	Pathophysiology & Pharmacology	
EX 270	Neural Control of Human Movement	
EX 280	Coaching Methods	
EX 299	Special Topics in Exercise Science	
EX 320	Pediatric Exercise Science	
EX 358	Exercise and Aging	
EX 361	Functional Gait Analysis	
EX 365	Clinical Exercise Science	

## Required Supporting Courses<sup>1</sup> (24 additional credits)

		Grade
MA 140	Precalculus	
MA 131	Elementary Statistics	
CH 117/119	Gen. Organic Chemistry & Biochemistry with Lab <i>or</i>	
<i>or</i> CH 151/153	General Chemistry I with Lab	
PY 104	Elements of Physics <i>or</i>	
<i>or</i> PY 111/113	General Physics I w/ Lab	
BI 111/113	Concepts in Biology I w/ Lab	
BI 112/114	Concepts in Biology II w/ Lab	
BI 206/208	Human Anatomy & Physiology I w/ Lab	
BI 207/209	Human Anatomy & Physiology II w/ Lab	
PS 110	General Psychology	
PS 295	Health Psychology	

## General Electives (12 credits)

		Grade
Free Elective		
Free Elective		
Free Elective		
Free Elective		

Total Credits      122

**SACRED HEART UNIVERSITY**  
**College of Health Professions**

**Exercise Science Major (Fall 2019 & Later)**

**SUGGESTED FOUR YEAR SEQUENCE**

<b>YEAR 1</b>	<b>SEMESTER I (14 credits)</b>	<b>YEAR 1</b>	<b>SEMESTER 2 (16 credits)</b>
FYS 125 <b>or</b>	First Year Seminar	FYS 125 <b>or</b>	First Year Seminar or
CTL 125	Critical Thinking	CTL 125	Critical Thinking
BI 111/113	Concepts in Biology I with Lab	BI 112/114	Concepts in Biology II with Lab
EX 100 <b>or</b>	Introduction to Exercise Science	EX 100 <b>or</b>	Introduction to Exercise Science
PS 110	General Psychology	PS 110	General Psychology
MA 140	Precalculus	XXX	Foundational Core 1
		XXX	Foundational Core 2 or LAE
<b>YEAR 2</b>	<b>SEMESTER 3 (16 credits)</b>	<b>YEAR 2</b>	<b>SEMESTER 4 (15 credits)</b>
CIT 201	CIT Seminar I	CIT 202	CIT Seminar II
BI 206/208	Human Anatomy & Physiology I with Lab	BI 207/209	Human Anatomy & Physiology II with Lab
PS 295	Health Psychology	MA 131 <b>or</b>	Elementary Statistics
XXX	Foundational Core 2 or LAE	XXX	Foundational Core 3
MA 131 <b>or</b>	Elementary Statistics	EX 240	Sports Medicine in Exercise Science with Lab
XXX	Foundational Core 3	EX 101 <b>or</b>	Introduction to Personal Fitness & Conditioning
		EX 201	Leadership in Healthcare
<b>YEAR 3</b>	<b>SEMESTER 5 (15 credits)</b>	<b>YEAR 3</b>	<b>SEMESTER 6 (17 credits)</b>
PY 100	Elements of Physics with Lab	EX 260	Kinesiology with Lab
EX 250	Exercise Physiology with Lab	CH 117/119	Organic Chemistry & Biochemistry with Lab
EX 290 <b>or</b>	Behavioral Aspects of Exercise Science	EX 290 <b>or</b>	Behavioral Aspects of Exercise Science
EX 255	Nutritional Aspects of Human Health & Perf.	EX 255	Nutritional Aspects of Human Health & Perf.
XXX	EX 200-level Elective 1 or Foundational Core 4	XXX	EX 200-level Elective 1 or Foundational Core 4
EX 101 <b>or</b>	Introduction to Personal Fitness & Conditioning	EX XXX	EX 200-level Elective 2
EX 201	Leadership in Healthcare		
<b>YEAR 4</b>	<b>SEMESTER 7 (14 credits)</b>	<b>YEAR 4</b>	<b>SEMESTER 8 (15 credits)</b>
EX 362	Exercise Testing & Rx with Lab	XXX	EX 300-level Elective or Free Elective
EX 363	Dev. Strength & Condition. Programs with Lab	XXX	Foundational Core 5 or Free Elective
XXX	EX 300-level Elective or Free Elective	EX 366 <b>or</b>	Clinical Rotations
XXX	Foundational Core 5 or Free Elective	EX 367 <b>or</b>	Internship
		EX 397 <b>or</b>	Practical Applications of Exercise Science
		EX 398	Independent Research
		XXX	Free Elective
		XXX	Free Elective

Updated 8/1/19

# SACRED HEART UNIVERSITY

## College of Health Professions

### Exercise Science Major (Fall 2019 & Later)

#### Undergraduate Major in Exercise Science with Pre-Physical Therapy (DPT) requirements

#### SUGGESTED THREE YEAR SEQUENCE OF STUDY

Total Credits: 123

YEAR 1	SEMESTER I (16 credits)	YEAR 1	SEMESTER 2 (17 credits)	YEAR 1	WINTER - SHU ONLINE (3 credits)
FYS 125 or	First Year Seminar	FYS 125 or	First Year Seminar or	LAE or Foundational Core 4	
CTL 125	Critical Thinking	CTL 125	Critical Thinking		
BI 111/113	Concepts in Biology I with Lab	BI 112/114	Concepts in Biology II with Lab	<b>YEAR 1 SUMMER (8 credits)</b>	
EX 100 or	Introduction to Exercise Science	EX 100 or	Introduction to Exercise Science	BI 206/208	Human Anatomy & Physiology I with Lab
PS 110	General Psychology	PS 110	General Psychology	BI 207/209	Human Anatomy & Physiology II with Lab
	Foundational Core 1	MA 140	Precalculus		
	Foundational Core 2		Foundational Core 3		
YEAR 2	SEMESTER I (18 credits)	YEAR 2	SEMESTER 2 (18 credits)	YEAR 2 or 3	WINTER - SHU ONLINE (3 credits)
CIT 201	CIT Seminar 1	CIT 202	CIT Seminar 2	EX 255	Nutritional Aspects of Human Health & Perf.
MA 131	Elementary Statistics	EX 260	Kinesiology w/ Lab		
EX 240	Sports Medicine in Exercise Science w/ Lab	PY 112/114	General Physics II w/ Lab	<b>YEAR 2 SUMMER (8 credits)</b>	
EX 250	Exercise Physiology w/ Lab	EX 290	Behavioral Aspects of Exercise Science	CH 151/153	General Chemistry I w/ Lab
PY 111/113	General Physics I w/ Lab	PS 295	Health Psychology	CH 152/154	General Chemistry II w/ Lab
			Introduction to Personal Fitness & Conditioning		
		EX 101 or	Leadership in Healthcare		
		EX 201			
YEAR 3	SEMESTER I (18 credits)	YEAR 3	SEMESTER 2 (16 credits)		
EX 363	Dev. Strength & Condition. Programs w/ Lab	EX 362	Exercise Testing & Prescription with Lab		
	EX Elective (200 level)	EX 366 or	Clinical Rotations		
	EX Elective (200 level)	EX 367 or	Internship		
or	LAE	EX 397 or	Practical Applications of Exercise Science		
	Foundational Core 4	EX 398	Independent Research		
	Introduction to Personal Fitness & Conditioning		EX Elective (300 level)		
EX 101 or	Leadership in Healthcare		Foundational Core 5		
EX 201	Free Elective		Free Elective		

Updated 8/1/19

Transfer Credit: Credit is awarded from regionally accredited colleges and universities offerings. SHU reserves the right to examine selected courses to determine whether for courses that carry grades of C or better and that parallel Sacred Heart University (SHU) or not their content and quality fit the University's purpose and goals. SHU will accept a maximum of 66 credits from 2-year schools and 90 credits from 4-year institutions. For those students who come in with at least 60 credits from a regionally accredited 2-or-4-year institution, the standard SHU Core Curriculum will be waived. However, in order to earn a Bachelor's degree from Sacred Heart University, students will need (1) CIT 202 and (2) at least 40 credits (including transfer credits) in general education: humanities, social/behavioral sciences, math, natural sciences, and/or computer science. Students should review their major checksheet and degree evaluations after transfer credits are posted to their SHU transcript.

# SACRED HEART UNIVERSITY

## College of Health Professions

### Exercise Science Major (Fall 2019 & Later)

#### Undergraduate Major in Exercise Science with MS in Exercise Science & Nutrition requirements

#### SUGGESTED THREE YEAR SEQUENCE OF STUDY

Total Credits: 122

YEAR 1	SEMESTER 1 (16 credits)	YEAR 1	SEMESTER 2 (17 credits)	YEAR 1	WINTER - SHU ONLINE (3 credits)
FYS 125 or	First Year Seminar	FYS 125 or	First Year Seminar or		LAE or Foundational Core 4
CTL 125	Critical Thinking	CTL 125	Critical Thinking		
BI 111/113	Concepts in Biology I with Lab	BI 112/114	Concepts in Biology II with Lab	YEAR 1	SUMMER (8 credits)
EX 100 or	Introduction to Exercise Science	EX 100 or	Introduction to Exercise Science	BI 206/208	Human Anatomy & Physiology I with Lab
PS 110	General Psychology	PS 110	General Psychology	BI 207/209	Human Anatomy & Physiology II with Lab
	Foundational Core 1	MA 140	Precalculus		
	Foundational Core 2		Foundational Core 3		

YEAR 2	SEMESTER 1 (18 credits)	YEAR 2	SEMESTER 2 (18 credits)	YEAR 2	WINTER - SHU ONLINE (3 credits)
CIT 201	CIT Seminar 1	CIT 202	CIT Seminar 2		LAE or Foundational Core 4
MA 131	Elementary Statistics	EX 260	Kinesiology w/ Lab		
EX 240	Sports Medicine in Exercise Science w/ Lab	EX 250	Exercise Physiology w/ Lab	YEAR 2	SUMMER (6 credits)
	Free Elective	EX 290	Behavioral Aspects of Ex. Science		EX elective (200 level) or Free Elective
EX 101 or	Introduction to Personal Fitness & Conditioning	PS 295	Health Psychology		EX Elective (200 level) or Free Elective
EX 201	Leadership in Healthcare	EX 101 or	Introduction to Personal Fitness & Conditioning		
PY 104	Elements of Physics I w/ Lab	EX 201	Leadership in Healthcare		

YEAR 3	SEMESTER 1 (17 credits)	YEAR 3	SEMESTER 2 (16 credits)
EX 362	Exercise Testing & Rx w/ Lab	EX 363	Dev. Strength & Condition. Programs w/ Lab
	EX Elective (200 level) or Free Elective	EX 366 or	Clinical Rotations
	EX Elective (200 level) or Free Elective	EX 367 or	Internship
		EX 397 or	Practical Applications of Exercise Science
CH 117/119	Gen. Org/Bio Chem w/ Lab	EX 398	Independent Research
	Foundational Core 5		EX Elective (300 level)
		EX 255	Nutr. Aspects of Health/Performance
			Free Elective

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# SACRED HEART UNIVERSITY

## College of Health Professions

### Exercise Science Major (Fall 2019 & Later)

#### Undergraduate Major in Exercise Science with Master of Public Health (MPH) requirements

#### SUGGESTED THREE YEAR SEQUENCE OF STUDY

Total Credits: 122

YEAR 1	SEMESTER I (16 credits)	YEAR 1	SEMESTER 2 (17 credits)	YEAR 1	WINTER - SHU ONLINE (3 credits)
FYS 125 or	First Year Seminar	FYS 125 or	First Year Seminar or		LAE or Foundational Core 4
CTL 125	Critical Thinking	CTL 125	Critical Thinking		
BI 111/113	Concepts in Biology I with Lab	BI 112/114	Concepts in Biology II with Lab	<b>YEAR 1</b>	<b>SUMMER (8 credits)</b>
EX 100 or	Introduction to Exercise Science	EX 100 or	Introduction to Exercise Science	BI 206/208	Human Anatomy & Physiology I with Lab
PS 110	General Psychology	PS 110	General Psychology	BI 207/209	Human Anatomy & Physiology II with Lab
	Foundational Core 1	MA 140	Precalculus		
	Foundational Core 2		Foundational Core 3		

YEAR 2	SEMESTER I (18 credits)	YEAR 2	SEMESTER 2 (18 credits)	YEAR 2	WINTER - SHU ONLINE (3 credits)
CIT 201	CIT Seminar 1	CIT 202	CIT Seminar 2		LAE or Foundational Core 4
MA 131	Elementary Statistics	EX 260	Kinesiology w/ Lab		
EX 240	Sports Medicine in Exercise Science w/ Lab	EX 250	Exercise Physiology w/ Lab	<b>YEAR 2</b>	<b>SUMMER (6 credits)</b>
	Free Elective	EX 290	Behavioral Aspects of Ex. Science		EX elective (200 level) or Free Elective
PY 104	Elements of Physics I w/ Lab	PS 295	Health Psychology		EX elective (200 level) or Free Elective
	Introduction to Personal Fitness & Conditioning	EX 101 or	Introduction to Personal Fitness & Conditioning		
EX 101 or	Conditioning	EX 201	Leadership in Healthcare		
EX 201	Leadership in Healthcare				

YEAR 3	SEMESTER I (17 credits)	YEAR 3	SEMESTER 2 (16 credits)
EX 363	Dev. Strength & Condition. Programs w/ Lab	EX 362	Exercise Testing & Rx w/ Lab
	EX elective (200 level) or Free Elective	EX 366 or	Clinical Rotations
	EX elective (200 level) or Free Elective	EX 367 or	Internship
			Practical Applications of Exercise Science
CH 117/119	Gen. Org/Bio Chem w/ Lab	EX 397 or	Science
	Foundational Core 5	EX 398	Independent Research
			EX Elective (300 elective)
		EX 255	Nutr. Aspects of Health/Performance
			Free Elective

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# SACRED HEART UNIVERSITY

## College of Health Professions

### Exercise Science Major (Fall 2019 & Later)

#### Undergraduate Major in Exercise Science with Master of Occupational Therapy (MSOT) requirements

#### SUGGESTED THREE YEAR SEQUENCE OF STUDY

Total Credits: 122

YEAR 1	SEMESTER I (16 credits)	YEAR 1	SEMESTER 2 (17 credits)	YEAR 1	WINTER - SHU ONLINE (3 credits)
FYS 125 or	First Year Seminar	FYS 125 or	First Year Seminar or		LAE or Foundational Core 4
CTL 125	Critical Thinking	CTL 125	Critical Thinking		
BI 111/113	Concepts in Biology I with Lab	BI 112/114	Concepts in Biology II with Lab	YEAR 1	SUMMER (8 credits)
EX 100 or	Introduction to Exercise Science	EX 100 or	Introduction to Exercise Science	BI 206/208	Human Anatomy & Physiology I with Lab
PS 110	General Psychology	PS 110	General Psychology	BI 207/209	Human Anatomy & Physiology II with Lab
	Foundational Core 1	MA 140	Precalculus		
	Foundational Core 2	SO 110	Sociological Imagination		

YEAR 2	SEMESTER I (18 credits)	YEAR 2	SEMESTER 2 (18 credits)	YEAR 2	WINTER - SHU ONLINE (3 credits)
CIT 201	CIT Seminar 1	CIT 202	CIT Seminar 2		LAE or Foundational Core 4
MA 131	Elementary Statistics	EX 260	Kinesiology w/ Lab		
EX 240	Sports Medicine in Exercise Science w/ Lab	EX 250	Exercise Physiology w/ Lab	YEAR 2	SUMMER (6 credits)
PS 212	Psychopathology	EX 290	Behavioral Aspects of Ex. Science		EX elective (200 level) or Free Elective
EX 101 or	Introduction to Personal Fitness & Conditioning	PS 295	Health Psychology		Free Elective
EX 201	Leadership in Healthcare	EX 101 or	Introduction to Personal Fitness & Conditioning		
PY 104	Elements of Physics I w/ Lab	EX 201	Leadership in Healthcare		

YEAR 3	SEMESTER I (17 credits)	YEAR 3	SEMESTER 2 (16 credits)
EX 363	Dev. Strength & Condition. Programs w/ Lab	EX 362	Exercise Testing & Rx w/ Lab
	EX elective (200 level) or Free Elective	EX 366 or	Clinical Rotations
EX 320	Pediatric Exercise Science	EX 367 or	Internship
			Practical Applications of Exercise Science
CH 117/119	Gen. Org/Bio Chem w/ Lab	EX 397 or	Science
	Free Elective	EX 398	Independent Research
		EX 358	Exercise & Aging
		EX 255	Nutr. Aspects of Health/Performance
			Foundational Core 5

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**SACRED HEART UNIVERSITY**  
**College of Health Professions**  
**Exercise Science Major (Fall 2019 & Later)**

**Undergraduate Major in Exercise Science with MS in Athletic Training requirements**

**SUGGESTED THREE YEAR SEQUENCE OF STUDY**

**Total Credits: 122**

YEAR 1	SEMESTER I (16 credits)	YEAR 1	SEMESTER 2 (17 credits)	YEAR 1	WINTER - SHU ONLINE (3 credits)
FYS 125 or	First Year Seminar	FYS 125 or	First Year Seminar or		LAE or Foundational Core 4
CTL 125	Critical Thinking	CTL 125	Critical Thinking		
BI 111/113	Concepts in Biology I with Lab	BI 112/114	Concepts in Biology II with Lab		
EX 100 or	Introduction to Exercise Science	EX 100 or	Introduction to Exercise Science	YEAR 1	SUMMER (8 credits)
PS 110	General Psychology	PS 110	General Psychology	BI 206/208	Human Anatomy & Physiology I with Lab
	Foundational Core 1	MA 140	Precalculus	BI 207/209	Human Anatomy & Physiology II with Lab
	Foundational Core 2		Foundational Core 3		

YEAR 2	SEMESTER I (18 credits)	YEAR 2	SEMESTER 2 (18 credits)	YEAR 2	WINTER - SHU ONLINE (3 credits)
CIT 201	CIT Seminar 1	CIT 202	CIT Seminar 2		LAE or Foundational Core 4
MA 131	Elementary Statistics	EX 260	Kinesiology w/ Lab		
EX 240	Sports Medicine in Exercise Science w/ Lab	EX 250	Exercise Physiology w/ Lab		
	Free Elective	EX 290	Behavioral Aspects of Ex. Science	YEAR 2	SUMMER (6 credits)
EX 101 or	Introduction to Personal Fitness & Conditioning	PS 295	Health Psychology		EX elective (200 level) or Free Elective
EX 201	Leadership in Healthcare	EX 101 or	Introduction to Personal Fitness & Conditioning		EX elective (200 level) or Free Elective
PY 104	Elements of Physics I w/ Lab	EX 201	Leadership in Healthcare		

YEAR 3	SEMESTER I (17 credits)	YEAR 3	SEMESTER 2 (16 credits)
EX 363	Dev. Strength & Condition. Programs w/ Lab	EX 362	Exercise Testing & Rx w/ Lab
	EX elective (200 level) or Free Elective	EX 397	Practical Applications of EX Sci.
	EX elective (200 level) or Free Elective	EX 366 or	Clinical Rotations
CH 117/119	Gen. Org/Bio Chem w/ Lab	EX 367 or	Internship
	Foundational Core 5	EX 397 or	Practical Applications of Exercise Science
		EX 398	Independent Research
		EX 255	Nutr. Aspects of Health/Performance
			Free Elective

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