

Hudson Valley Community College Health and Wellness AS			SUNY Polytechnic Institute- Utica Community Behavioral Health		
Course #	Course Title	Credits	Course #	Equivalent Course Title	Credits Accepted
Year One- Fall					
	FORM 102: College Forum	1	FYS 101	First Year Seminar	1
	HLTH 160: Personal and Community Health	3	ELEC 000	General Elective	3
	ENGL 101: English Composition I	3	ENG 101	First Year Composition	3
	Restricted Math Elective (Suggest Statistics)	3	STA 100	Statistics	3
	Restricted American History Elective	3	AMH 001	American History GER	3
	PSYC 100: Gen. Psychology	3	PSY 100	Principles of Psychology	3
Year One- Spring					
	BIOL 126	4	BIO 222	Nutrition and Health	4
	ENGL 102: English Composition II	3	HUM 001	Humanities GER	3
	HLTH 140: Drug Studies: Interv and Prevention	3	ELEC 000	General Elective	3
	Restricted Western Civ Elective	3	WCV 001	Western Civ GER	3
	HLTH/EXER Elective	3	ELEC 000	General Elective	3
	Restricted PHED Elective	1		REC 000 Recreation Elective	0
Year Two- Fall					
	BIOL 230 OR 270	4	BIO 215	Anatomy & Physiology I	4
	HLTH 200: Foundations of Health Education	3	ELEC000	General Elective	3
	SOCL 100: Sociology	3	ELEC 000	General Elective	3
	Restricted Gen Ed Elective	3	ELEC 000	General Elective	3
	HLTH/EXER Elective	3	SOC 100	Introduction to Sociology	3
Year Two- Spring					
	BIOL 234 OR BIOL 271	4	BIO 215	Anatomy & Physiology II	4
	ENGL 125: Public Speaking	3	COM 200	Principles of Speech Communication and Public Speaking	3
	HLTH 152: First Aid	2	ELEC000	General Elective	2
	HLTH 210: Worksite Health Promotion	3	ELEC000	General Elective	3
	Restricted PHED Elective	1	REC 000	Recreation Elective	0
Year Three- Fall					
				COM 308: Analytical and Research Writing	4
				Lower-level SOC Elective	4
				General (Education) Elective	4
				General Elective	4
Year Three- Spring					
				CBH 375: Psychosocial Context of Health and Well Being	4
				Lower-level PSY Elective	4
				General (Education) Elective	4
				STA 100: Statistics- if not already taken	4
Year Four- Fall					
				CBH 492: Methods in Health and Well-Being	4
				General (Education) Elective	4
				400-level SOC Elective	4
				General Elective	4
Year Four- Spring					
				CBH 493: Project in Health and Well-Being	4
				General (Education) Elective	4
				400-level PSY Elective	4
				General Elective	4
				Total Transfer Applied	60
				Total Remaining at SUNY POLY	64
				Total for Bachelors	124