



2025-2026

Transfer Guide

Elizabeth City State University
Health and Wellness Promotion, BS
Transfer Guide for Associate in Arts

Delivery Method: Fully Online

Program Admission Notes:

ECSU requires transfer students earning an AA/AS degree to have a minimum 2.0 cumulative GPA in college-level coursework.

If transferring prior to earning the AA/AS degree, please review transfer admissions criteria: <https://www.ecsu.edu/admissions/transfer-students.php>

Contact:

ECSU Transfer Admissions
transfer@ecsu.edu

Revised: May, 2025

College Level Foreign Language Requirements:

There is no foreign language requirement in this major.

Major-Specific Course Recommendations:

Students are encouraged to build the North Carolina Community College (NCCC) course recommendations below into the associate degree to best prepare for the intended university and major.

Recommended NCCC Course	Credit Hours	University Equivalent	Associate Degree Requirement Fulfilled	University Requirement Fulfilled
PSY 150: General Psychology	3	PSY 212: General Psychology	UGETC Social/Behavioral Sciences	Required Course, General Education
HEA 110: Personal Health/Wellness	3	HLTH 185: Health Concepts	Elective/Pre-Major Courses	Required Course
ENG 231: American Literature I OR ENG 232: American Literature II, ENG 241 British Literature I, ENG 242: British Literature II	3	University Equivalencies	UGETC Humanities/Fine Arts	Suggested Course, General Education

Recommended NCCC Course	Credit Hours	University Equivalent	Associate Degree Requirement Fulfilled	University Requirement Fulfilled
ART 111: Art Appreciation OR MUS 110: Music Appreciation, MUS 112: Jazz Appreciation	3	University Equivalencies	UGETC Humanities/Fine Arts	Suggested Course, General Education
MAT 171: Precalculus Algebra	4	MATH 115: College Algebra	UGETC Math	Suggested Course, General Education
HEA 120: Community Health	3	HLTH 185: Health Concepts & HLTH 1TR: Elective	Elective/Pre-Major Courses	Suggested Course
PED: PED Activity Courses	1	PE 1TR: Yoga I	Elective/Pre-Major Courses	Suggested Course, General Education

Remaining Associate Degree Requirements:

In addition to major-specific course recommendations above, students should work with a community college advisor to select additional community college courses to fulfill the remaining associate degree requirements identified below.

Recommended NCCC Course	Credit Hours	University Equivalent	Associate Degree Requirement Fulfilled	University Requirement Fulfilled
ENG 111: Writing and Inquiry	3	ENGL 102: Composition I	English Composition	General Education
ENG 112: Writing/Research in the Disc	3	ENGL 103: Composition II	English Composition	General Education
Student Choice/No Preference (Approved Course Options)	3	University Equivalencies	UGETC Humanities/Fine Arts	General Education
Student Choice/No Preference (Approved Course Options)	6	University Equivalencies	UGETC Social/Behavioral Sciences	General Education
Student Choice/No Preference (Approved Course Options)	4	University Equivalencies	UGETC Natural Sciences	General Education
ACA 122: College Transfer Success	1	UNIV 110: First Year Seminar I	Academic Transition	General Education
Student Choice/No Preference (Approved Course Options)	13	University Equivalencies	Additional General Education Courses	General Education,

Recommended NCCC Course	Credit Hours	University Equivalent	Associate Degree Requirement Fulfilled	University Requirement Fulfilled
				Elective
Student Choice/No Preference (Approved Course Options)	7	University Equivalencies	Elective/Pre-Major Courses	Elective

Additional Information From Elizabeth City State University:

None

Remaining Bachelor's Degree Requirements at University:

University Course	Credit Hours	University Course Notes
HLTH 101: First Aid, CPR and AED	1	
HLTH 369: Principles of Nutrition	3	
HWP 126: Society & Food	3	
HWP 200: Intro to Health & Wellness Pro	3	
HWP 205: Writ & Com for Health Audience	3	
HWP 234: Anat Phys Hlth & Wllness Pro I	4	
HWP 344: Res Mthds Hlth & Wllness Promo	3	
HWP 458: Sr Capstone in Hlth & Wellness	3	
HWP 493: Field Exp Hlth & Wllness Pro 1	3	
KIN 300: Exercise Physiology	3	
KIN 379: Lifestyle,Wght,Mngt,&Hlth Coach	3	
KIN 420: Wellness Programming and Admin	3	
PHS 322: Princ. of Epidemiology	3	
PSY 375: Health Psychology	3	

University Course	Credit Hours	University Course Notes
PSY 301: Statistics and Research Design	4	
Core Electives	9	Select 9 hours from the courses below. Methodological Aspects (3 hours) Required: 1 of 5 courses * KIN 370 - Kinesiology *PSY 260 Psychology of Adjustment *PSY 296 Environmental Psychology *PHS 310 Environmental Health and Sanitation *HLTH 374 School Health Education Social Context (3 hours) *KIN 435 - Scientific Basis of Health and Aging for Older Adults *KIN 265 Leisure and Society *HLTH 360 Sexual Health Through the Lifespan *HLTH 465 Drug Education *PSY 390 Psychology of Addictions Contextual Aspects (3 hours) *HLTH 450 Health Parity: Rural, Urban, and Global Contexts *PSY 407 Community Psychology *PHS Community Health, Safety, and Disease *SOWK 247 Rural Social Work Practice *SOWK 333 Social Work in Health Care
Related Area Requirements	6	Related Area Courses *SOWK 260 - Human Behavior in the Social Environment I: Childhood and Adolescence *SOWK 372 - Human Behavior in the Social Environment II: Adulthood
Free Electives	24	