



**TRANSFER PLANNING WORKSHEET
QUINCY COLLEGE TO UMASS BOSTON
EXERCISE AND HEALTH SCIENCES
OFFICE OF UNDERGRADUATE ADMISSIONS**



General Transfer Credit Policies

- Courses must be a C- or higher and be considered college-level.
- A maximum of 90 credits can be transferred from a four-year school and 70 credits from a community college.
- Course content is comparable in scope to coursework offered at UMass Boston.
- Courses taken Pass/Fail are only eligible to transfer if the transcript key equates these courses to a C- (due to COVID-19, all P grades from Spring and Fall 2020 are eligible to transfer).
- **Courses must be a minimum of 3 semester credit hours to fulfill a program requirement.**

How to Use this Sheet

- This sheet includes the general requirements for the Exercise and Health Sciences major.
- For set course requirements (i.e. English 101), the Quincy Course requirement is listed on the sheet. For distribution requirements, students can select from a list of available courses. Simply select "Arts" on the planning sheet and you will be brought to a section with all the available art courses.
- Students are also encouraged to use our Transfer Course Database, **Transferology**, to match UMass Boston courses with your current institution. Fill out the "Quincy College Code" section with courses you have already taken or plan to take before enrolling at UMass Boston.
- Make sure to review the "Waivers" section at the bottom of the sheet to see if you are eligible to waive any requirements.

Important Notes

- The information on this sheet is based on the 2020-21 UMass Boston Academic Catalog. Information is subject to change.



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General Education Curriculum

Verbal Reasoning and Expression

Course Name	UMB Course Code	Quincy Course Code	Semester
Composition I	ENGL 101	ENGL 101	
Composition II	ENGL 102	ENGL 102	

Quantitative Reasoning

Course Name	UMB Course Code	Quincy Course Code	Semester
Statistics	Choose from ECON 205, EHS 280, MATH 125, MSIS 111L, PSYCH 370, SOCIOL 350	MAT 107	

Distribution Requirements

Distribution Area	Quincy Course Code	Semester
1 Arts OR Humanities		
1 Arts OR Humanities		
1 Social Behavioral Science		
1 Natural Science		
1 Natural Science		
1 World Languages OR World Cultures		
1 World Languages OR World Cultures		

Diversity Requirements

Seminar Type	Quincy Course Code	Semester
Diversity Requirement for Exercise and Health Sciences (EHS 260 or EHS 320)	Not offered at Quincy College	

Seminars

Seminar Type	Quincy Course Code	Semester
First Year Seminar		
Intermediate Seminar	MUST BE TAKEN AT UMB	

Core Major Requirements

Course Name	UMB Course Code	Quincy Course Code	Semester
Anatomy & Physiology I	BIOL 207	BIO 131	
Anatomy & Physiology II	BIOL 208	BIO 132	
Strength & Conditioning	EHS 230	EXS 102	



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Waivers

- Students who transfer in 30 credits to UMass Boston waive the First Year seminar requirement
- Students who transfer in 90 credits to UMass Boston waive the First Year and Intermediate seminar requirements, 1 Diversity requirement, and English 101 and English 102



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QUINCY COLLEGE COURSES



Arts Courses at Quincy College

QC Course Code:	Title	Credits:
ART 100	Fundamentals of Visual Art	3
ART 101	Basic Drawing	3
ART 102	Advanced Drawing	3
ART 103	Line, Color & Design	3
ART 115	Basic Painting	3
ART 119	Photography I	3
ART 201	Survey of Fine Arts I	3
ART 202	Survey of Fine Arts II	3
ART 229	American Film	3
ART 230	Art & Society	3
ENG 103	Non-Fiction Writing	3
ENG 151	Shakespeare	3
ENG 212	American Literature II	3
ENG 222	World Literature II	3
ENG 225	Creative Writing Workshop I	3
ENG 226	Creative Writing Workshop II	3
ENG 231	Modern Novel	3
ENG 237	Introduction to Science Fiction	3
ENG 251	Introduction to Drama	3
ENG 252	International Film	3
IDS 120	History of Television	3
MUS 101	Fundamentals of Music	3
MUS 103	Music Theory I	3
MUS 104	Music Theory II	3
MUS 107	Music Appreciation	3
MUS 109	History of Rock	3



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Humanities Courses at Quincy College

QC Course Code:	Title	Credits:
CJS 108	Criminal Justice Ethics	3
ENG 201	English Literature I	3
ENG 202	English Literature II	3
ENG 211	American Literature I	3
ENG 221	World Literature I	3
HIS 101	United States History I	3
HIS 102	United States History II	3
HIS 107	Colonial America	3
HIS 111	From Mesopotamia to the Moon: History of Western Civilization I	3
HIS 112	From Mesopotamia to the Moon: the History of Western Civilization II	3
PHL 101	Introduction to Philosophy	3
PHL 103	Medical Ethics	3
PHL 108	Ethics	3
PHL 113	Death and Dying	3



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Social Behavioral Courses at Quincy College

QC Course Code:	Title	Credits:
CJS 103	Criminology	3
CJS 113	Drugs and Society	3
ECO 201	Microeconomics	3
ECO 202	Macroeconomics	3
GOV 105	Introduction to Political Science	3
GOV 201	American Government	3
GOV 211	State & Local Government	3
HSV 200	Human Behavior and the Social Environment	3
PSY 101	General Psychology	3
PSY 212	Group Dynamics	3
PSY 231	Psychology of Gender and Culture	3
SOC 101	General Sociology	3
SOC 102	Contemporary Social Problems	3
SOC 140	Aging in America	3
SOC 150	Women in Society	3
SOC 155	Race, Class, Gender, Social Justice	3
SOC 201	Cultural Anthropology	3



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Math Courses at Quincy College

QC Course Code:	Title	Credits:
CSI 101	Introduction to Computers	3
CSI 107	C++ Programming	3
CSI 218	Data Structures and Algorithms	3
CSI 233	Java Programming	3
MAT 107	Statistics	3
MAT 113	Pre-Calculus	3
MAT 204	Calculus I B	4
MAT 206	Calculus II B	4
PHL 105	Introduction to Logic & Critical Thinking	3

Natural Science Courses at Quincy College

QC Course Code:	Title	Credits:
BIO 106	Nutrition w/Lab	4
BIO 111	General Biology I w/Lab	4
BIO 112	General Biology II w/Lab	4
BIO 131	Anatomy & Physiology I w/Lab	4
BIO 132	Anatomy & Physiology II w/Lab	4
BIO 160	Marine Ecology w/Lab	4
CHE 103	Introduction to Forensic Science w/Lab	4
CHE 121	General Chemistry I w/Lab	4
CHE 122	General Chemistry II w/Lab	4
CHE 141	Introduction to Chemistry w/Lab	4
CHE 213	Organic Chemistry I w/Lab	5
CHE 214	Organic Chemistry II and Laboratory	5
ENV 101	Introduction to Environmental Studies w/Lab	3
HSC 106	Introduction to Nutrition	3
HSC 149	Applied A&P for Health Care Professions	4
PHY 111	General Physics I	4
PHY 112	General Physics II	4
PHY 211	College Physics I	4
PHY 212	College Physics II	4



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World Cultures Courses at Quincy College

QC Course Code:	Title	Credits:
HIS 201	History of the Middle East	3
HIS 221	Late Imperial China	3
IDS 175	Middle Eastern and Arabic Culture	3
MUS 110	Music Across Cultures	3
PHL 110	Major Religions of the World	3

World Language Courses at Quincy College

QC Course Code:	Title	Credits:
ARA 101	Arabic I	3
ARA 102	Arabic II	3
CHN 101	Chinese I	3
CHN 102	Chinese II	3
FRN 101	French I	3
FRN 102	French II	3
ITA 101	Italian I	3
ITA 102	Italian II	3
SPN 101	Spanish I	3
SPN 102	Spanish II	3
SPN 108	Spanish for Healthcare Providers	3
SPN 201	Spanish III	3