

Transfer Guide between Maricopa Community Colleges and Grand Canyon University



Associate of Applied Science in Exercise Science and Personal Training: Academic Plan Code 3059
Bachelor of Science in Exercise Science with an Emphasis in Sports Performance

Chandler-Gilbert Community College
Glendale Community College

Mesa Community College
Paradise Valley Community College

Scottsdale Community College

The following table outlines the requirements needed to receive an Associate of Applied Science in Exercise Science and Personal Training from Maricopa Community Colleges. Within the table we have identified preferred courses from Maricopa Community Colleges that will be applicable towards Grand Canyon University's The Bachelor of Science in Exercise Science with an Emphasis in Sports Performance. The following will be used in evaluating official transcripts.

Maricopa Community Colleges – Associate of Applied Science in Exercise Science and Personal Training	Credits	Grand Canyon University – The Bachelor of Science in Exercise Science with an Emphasis in Sports Performance	GCU Applied Semester Credits
General Education Requirements: 22-27 credits			
ENG101: First Year Composition OR ENG107: First-Year Composition for ESL <i>(Prerequisite placement must be met)</i>	3	ENG-105: English Composition I	3
ENG102: First Year Composition OR ENG108: First-Year Composition for ESL	3	ENG-106: English Composition II	3
CRE101: College Critical Reading OR Equivalent by assessment	0-3	General Elective	0-3
Oral Communication- COM225: Public Speaking required.	3	COM210: Public Speaking	3
MAT120/121/122: Intermediate Algebra	3-5	MAT-134: Applications of Algebra AND General Education: Critical Thinking (See MCCCC- GCU Course Equiv. Guide: http://www.gcu.edu/Transfer-Center/Transfer-from-a-Maricopa-Community-College/Course-Equivalency-Guides.php)	3-5
Social-Behavioral Sciences -PSY-101: Introduction to Psychology required.	3	PSY-102: General Psychology	3
Humanities, Arts & Design – Select from approved AAS general education course list: https://asa.maricopa.edu/sites/default/files/AAS_GE.pdf .	3	General Education: Global Awareness, Perspectives, and Ethics (See MCCCC-GCU Course Equiv. Guide: http://www.gcu.edu/Transfer-Center/Transfer-from-a-Maricopa-Community-College/Course-Equivalency-Guides.php)	3
Natural Sciences: BIO160: Introduction to Human Anatomy and Physiology (required by GCU)	4	BIO155/BIO-155L: Introduction to Anatomy and Physiology	4
Required Courses: 36.5 credits			
EMT101: Cardiopulmonary Resuscitation/Basic Cardiac Life Support (0.50) OR HES106: Cardiopulmonary Resuscitation (CPR)/Automated External Defibrillator (AED) (0.5) OR Current Basic Life Support (BLS) Health Care Provider/Professional Rescuer certification 0-0.50	0.5	General Elective	0.5
EXS101: Introduction to Exercise Science, Kinesiology, and Physical Education	3	General Elective	3
EXS112: Professional Applications of Fitness Principles	3	General Elective	3
EXS125: Introduction to Exercise Physiology	3	General Elective	3
EXS130: Strength Fitness-Physiological Principles and Training Techniques	3	EXS-200: Resistance Training: Theory and Practice	3

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EXS132: Cardiovascular Fitness: Physiological Principles and Training Techniques	3	EXS-202: Cardiovascular Fitness: Theory and Practice	3
EXS145: Guidelines for Exercise Testing and Prescription	3	EXS-235: Exercise Testing and Prescription	3
EXS216: Instructional Competency: Muscular Strength and Conditioning	2	EXS-200L: Resistance Training: Theory and Practice Lab	2
EXS218: Instructional Competency: Cardiorespiratory Exercises and Activities AND EXS214: Instructional Competency: Flexibility and Mind-Body Exercises	4	EXS-202L: Cardiovascular Fitness: Theory and Practice Lab AND General Elective	2 2
EXS239: Practical Applications of Personal Training Skills and Techniques Internship (3) OR EXS239AA: Practical Applications of Personal Training Skills and Techniques Internship (1) AND EXS239AB: Practical Applications of Personal Training Skills and Techniques Internship (2) 3	3	General Elective	3
FON241: Principles of Human Nutrition (required by GCU)	3	BIO-319: Applied Nutrition	3
FON210: Sports Nutrition and Supplements for Physical Activity	3	General Elective	3
FON247: Weight Management Theory	3	EXS-247: Health Risk Appraisal, Weight Control & Management	3
Recommended/Restricted Elective: 9 credits			
HES100: Healthful Living	3	PED-200: Lifetime Personal Wellness and Teaching of Fitness	3
COM230: Small Group Communication	3	COM-222: Small Group Communication	3
Restricted Elective (Choose from EXS, FON, HES, SPM, and WED course prefix.)	3	General Education or Elective	3
Minimum Number of Credits Required for Associate of Applied Science in Exercise Science and Personal Training at Maricopa Community Colleges			60
Total Credits Applied Towards Grand Canyon University's The Bachelor of Science in Exercise Science with an Emphasis in Sports Performance			64

The following table outlines the remaining courses required to fulfill the Bachelor of Science in Exercise Science with an Emphasis in Sports Performance program requirements at Grand Canyon University:

Course #	The Bachelor of Science in Exercise Science with an Emphasis in Sports Performance	Semester Credits
General Education Remaining: 16 credits		
UNV-303	University Success	4
CWV-301	Christian Worldview	4
PHI-105	21st Century Skills: Critical Thinking and Problem Solving	4
BIO-220	Environmental Science	4
Program Major Remaining: 40 credits		
HLT-485	Methods of Teaching Health and Measuring in Exercise Science	4
EXS-340	Exercise Physiology	3
EXS-340L	Exercise Physiology Lab	1
EXS-430	Health Promotion	4
EXS-344	Exercise Science: Special Populations	4

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Course #	The Bachelor of Science in Exercise Science with an Emphasis in Sports Performance	Semester Credits
EXS-335	Kinesiology	3
EXS-335L	Kinesiology Lab	1
EXS-318	Principles of Corrective Exercises	4
EXS-428	Biomechanics and Sports Nutrition	4
EXS-316	Health Management and Administration	4
EXS-455	Advanced Principles of Sports Performance	3
EXS-455L	Advanced Principles of Sports Performance Lab	1
EXS-481	Sports Performance Capstone	4
Total Credits Completed at Grand Canyon University		56

Transfer Credits from the Associate of Applied Science in Exercise Science and Personal Training – Maricopa Community Colleges	64 semester credits
Remaining Credits Required at Grand Canyon University	56 semester credits
Total Credit Hours Needed to Complete The Bachelor of Science in Exercise Science with an Emphasis in Sports Performance at Grand Canyon University	120 credits

*Traditional campus students who have transferred in a minimum of 24 college level credits and have a 3.0 GPA or higher can waive the University Foundations course, UNV-303. For additional graduation requirements, please see the <http://www.gcu.edu/Policy-Handbook.php>.
To obtain a baccalaureate degree at Grand Canyon University (GCU), a student must earn a minimum of 36 semester credits in upper division (300 or above) courses. A minimum of 120 credits are required for completion of this program of study. If taking one course at a time, this program will take on average 48 months at GCU. Students with transfer credit that applies to this program will shorten the time to completion from that stated on this transfer guide. Please contact your Academic Advisor for more information. All Grand Canyon University programs follow a Program of Study, which can be changed by the University at any time. All Programs of Study are subject to the terms, conditions, and policies outlined in the University's enrollment application and the <http://www.gcu.edu/Policy-Handbook.php>.

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