

Exercise Science (EXS) Course Equivalency Guide between Maricopa Community Colleges and Grand Canyon University



The following table is the assessment of the courses between Maricopa Community Colleges and Grand Canyon University. The following will be used in evaluating official transcripts.

These courses fulfill the competency requirements; however, the courses may not fulfill the credit requirements. To obtain an undergraduate degree at GCU, students are required to meet a minimum of 120 semester credit hours.

Maricopa Community Colleges			Grand Canyon University		
Course Code	Course Title	Transcript Credit	GCU Course Code	GCU Course Title OR General Education Category (if applicable)	Applied Semester Credits
EXS101	INTRODUCTION TO EXERCISE SCIENCE, KINESIOLOGY, AND PHYSICAL EDUCATION	3		ELECTIVE TRANSFER - LD	3
EXS112	PROFESSIONAL APPLICATIONS OF FITNESS PRINCIPLES	3		ELECTIVE TRANSFER - LD	3
EXS125	INTRODUCTION TO EXERCISE PHYSIOLOGY	3		ELECTIVE TRANSFER - LD	3
EXS130	STRENGTH FITNESS-PHYSIOLOGICAL PRINCIPLES AND TRAINING TECHNIQUES	3	EXS-200	RESISTANCE TRAINING: THEORY AND PRACTICE	3
EXS132	CARDIOVASCULAR FITNESS: PHYSIOLOGICAL PRINCIPLES AND TRAINING TECHNIQUES	3	EXS-202	CARDIOVASCULAR FITNESS: THEORY AND PRACTICE	3
EXS138	STARTING YOUR OWN PERSONAL TRAINING BUSINESS	1		ELECTIVE TRANSFER - LD	1
EXS145	GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION	3	EXS-235	EXERCISE TESTING AND PREPARATION	3
EXS145 AND FON100	GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION (3) AND INTRODUCTORY NUTRITION (3)	6	PED-200	LIFETIME PERSONAL WELLNESS AND TEACHING OF FITNESS (4) AND ELECTIVE TRANSFER - LD (2)	6
EXS214 AND EXS218	INSTRUCTIONAL COMPETENCY: FLEXIBILITY AND MIND-BODY EXERCISES (2) AND INSTRUCTIONAL COMPETENCY: CARDIORESPIRATORY EXERCISES AND ACTIVITIES (2)	4	EXS-202L	CARDIOVASCULAR FITNESS: THEORY AND PRACTICE (1) AND ELECTIVE TRANSFER – LD (3)	4
EXS216	INSTRUCTIONAL COMPETENCY: MUSCULAR STRENGTH AND CONDITIONING	2	EXS-200L	RESISTANCE TRAINING: THEORY AND PRACTICE LAB (1) AND ELECTIVE TRANSFER – LD (1)	2
EXS239	PRACTICAL APPLICATIONS OF PERSONAL TRAINING SKILLS AND TECHNIQUES INTERNSHIP	3		ELECTIVE TRANSFER - LD	3
EXS239AA	PRACTICAL APPLICATIONS OF PERSONAL TRAINING SKILLS AND TECHNIQUES INTERNSHIP	1		ELECTIVE TRANSFER - LD	1
EXS239AB	PRACTICAL APPLICATIONS OF PERSONAL TRAINING SKILLS AND TECHNIQUES INTERNSHIP	2		ELECTIVE TRANSFER - LD	2

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 [University Policy Handbook](#).

Effective April 2017