

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 Course Number	Maricopa Community Colleges Credits	GCU Course Equivalency	GCU Applied Semester Credits
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	General Elective	3
EXS132 Cardiovascular Fitness: Physiological Principles and Training Techniques	3	General Elective	3
EXS138 Starting Your Own Personal Training Business	1	General Elective	1
EXS145 Guidelines for Exercise Testing and Prescription (3) AND FON100 Introductory Nutrition (3)	6	PED-200: Lifetime Personal Wellness and Teaching of Fitness (4) AND General Elective (2)	6
EXS214 Instructional Competency: Flexibility and Mind-Body Exercises	2	General Elective	2
EXS216 Instructional Competency: Muscular Strength and Conditioning	2	General Elective	2
EXS218 Instructional Competency: Cardiorespiratory Exercises and Activities	2	General Elective	2
EXS239 Practical Applications of Personal Training Skills and Techniques Internship	3	General Elective	3
EXS239AA Practical Applications of Personal Training Skills and Techniques Internship	1	General Elective	1
EXS239AB Practical Applications of Personal Training Skills and Techniques Internship	2	General Elective	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](#).

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