

**Bachelor of Science in Exercise Science with an Emphasis in Health Education**

Within the table we have identified preferred courses from Maricopa Community Colleges that will be applicable towards Grand Canyon University's Bachelor of Science in Exercise Science with an Emphasis in Health Education. The following will be used in evaluating official transcripts and is recommended to maximize transfer credits:

**Maricopa Community Colleges - Chandler-Gilbert, Glendale, Mesa, Paradise Valley, Scottsdale & South Mountain  
Associate in Applied Science (AAS) in Exercise Science and Personal Training; Major: 3059**

POSSIBLE TRANSFER CREDIT SUMMARY			
	# GCU Credits Required	# Credits Applied	GCU Credits Remaining
I. General Education	34.00	18.00	16.00
II. Major Courses	72.00	28.00	44.00
III. Elective Requirements	14.00	14.00	0.00
<b>TOTAL</b>	<b>120.00</b>	<b>60.00</b>	<b>60.00</b>

MARICOPA GENERAL EDUCATION					
Maricopa Course Code	Maricopa Transfer Credits	# Credits Required	GCU Course Code	GCU Course Title	Applied Semester Credits
ENG101 OR ENG107	FIRST-YEAR COMPOSITION OR FIRST-YEAR COMPOSITION FOR ESL	3	ENG-105	ENGLISH COMPOSITION I	3.00
ENG102 OR ENG108	FIRST-YEAR COMPOSITION OR FIRST-YEAR COMPOSITION FOR ESL	3	ENG-106	ENGLISH COMPOSITION II	3.00
COM225	PUBLIC SPEAKING	3	COM-210	PUBLIC SPEAKING	3.00
CRE101	COLLEGE CRITICAL READING OR Equivalent by assessment	0		Elective Transfer - LD	0.00
MAT140/141/142 OR higher course	COLLEGE MATHEMATICS	3	MAT-144	COLLEGE MATHEMATICS	3.00
	Humanities and Fine Arts	3		<a href="#">Global Awareness Transfer - LD</a>	3.00
PSY101	INTRODUCTION TO PSYCHOLOGY	3	PSY-102	GENERAL PSYCHOLOGY	3.00
BIO160	INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY	4	BIO-155 and BIO-155L	INTRODUCTION TO ANATOMY AND PHYSIOLOGY (LECTURE & LAB)	4.00
<b>TOTAL</b>		<b>22.00</b>			<b>22.00</b>

MARICOPA MAJOR COURSES					
Maricopa Course Code	Maricopa Transfer Credits	# Credits Required	GCU Course Code	GCU Course Title	Applied Semester Credits
EMT101 or HES106 or Current BLS Health Care Provider/Professional Rescuer Certification	BASIC LIFE SUPPORT/CARDIOPULMONARY RESUSCITATION (CPR) FOR HEALTH CARE PROVIDERS OR CARDIOPULMONARY RESUSCITATION (CPR)/AUTOMATED EXTERNAL DEFIBRILLATOR (AED)	0.5		Elective Transfer - LD	0.50
EXS101	INTRODUCTION TO EXERCISE SCIENCE	3		Elective Transfer - LD	3.00
EXS112	PROFESSIONAL APPLICATIONS OF FITNESS PRINCIPLES	3		Elective Transfer - LD	3.00
EXS125	INTRODUCTION TO EXERCISE PHILOSOPHY	3		Elective Transfer - LD	3.00
EXS130	STRENGTH FITNESS-PHYSIOLOGICAL PRINCIPLES AND TRAINING TECHNIQUES	3	EXS-200	RESISTANCE TRAINING: THEORY AND PRACTICE	3.00
EXS132	CARDIOVASCULAR FITNESS: PHYSIOLOGICAL PRINCIPLES AND TRAINING TECHNIQUES	3	EXS-202	CARDIOVASCULAR FITNESS: THEORY AND PRACTICE	3.00
EXS145	GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION	3	EXS-235	EXERCISE TESTING AND PRESCRIPTION	3.00
EXS214	INSTRUCTIONAL COMPETENCY: FLEXIBILITY AND MIND-BODY EXERCISES	3		Elective Transfer - LD	3.00
EXS216	INSTRUCTIONAL COMPETENCY: MUSCULAR STRENGTH AND CONDITIONING	2	EXS-200L	RESISTANCE TRAINING: THEORY AND PRACTICE LAB	2.00
EXS218	INSTRUCTIONAL COMPETENCY: CARDIORESPIRATORY EXERCISES AND ACTIVITIES	2	EXS-202L	CARDIOVASCULAR FITNESS: THEORY AND PRACTICE LAB	2.00
EXS239 or EXS239AA and EXS239AB	PRACTICAL APPLICATIONS OF PERSONAL TRAINING SKILLS AND TECHNIQUES INTERNSHIP	3		Elective Transfer - LD	3.00
FON241	PRINCIPLES OF HUMAN NUTRITION	3	BIO-319	APPLIED NUTRITION	3.00
FON210	SPORTS NUTRITION AND SUPPLEMENTS FOR PHYSICAL ACTIVITY	3		Elective Transfer - LD	3.00
FON247	WEIGHT MANAGEMENT SCIENCE	3	EXS-247	HEALTH RISK APPRAISAL, WEIGHT CONTROL & MANAGEMENT	3.00
<b>RESTRICTED ELECTIVES</b>		<b>6</b>			<b>6.00</b>
HES100	HEALTHFUL LIVING	3	PED-200	LIFETIME PERSONAL WELLNESS AND TEACHING OF FITNESS	3.00

MARICOPA MAJOR COURSES					
Maricopa Course Code	Maricopa Transfer Credits	# Credits Required	GCU Course Code	GCU Course Title	Applied Semester Credits
	Any EXS, FON, HES, PED, or WED course	3		Elective Transfer - LD	3.00
<b>TOTAL</b>		<b>43.50</b>			<b>43.50</b>

GCU REMAINING GENERAL EDUCATION REQUIREMENTS		
GCU Course Code	GCU Course Title	# Credits Remaining
UNV-103/303*	UNIVERSITY SUCCESS	4
CWV-101/301	CHRISTIAN WORLDVIEW	4
	Critical Thinking	8
<b>TOTAL</b>		<b>16.00</b>

GCU REMAINING MAJOR REQUIREMENTS		
GCU Course Code	GCU Course Title	# Credits Remaining
COM-222	SMALL GROUP COMMUNICATIONS	4
HLT-485	METHODS OF TEACHING HEALTH AND MEASURING IN EXERCISE SCIENCE	4
EXS-340	PHYSIOLOGY OF EXERCISE	3
EXS-340L	PHYSIOLOGY OF EXERCISE LAB	1
EXS-344	EXERCISE SCIENCE: SPECIAL POPULATIONS	4
EXS-430	HEALTH PROMOTION	4
EXS-335	KINESIOLOGY	3
EXS-335L	KINESIOLOGY LAB	1
EXS-431	HEALTH ASSESSMENT	4
HLT-411	GLOBAL HEALTH ISSUES	4
EXS-316	HEALTH MANAGEMENT AND ADMINISTRATION	4
EXS-432	HEALTH PLANNING & IMPLEMENTATION	4
EXS-441	EPIDEMIOLOGICAL RESEARCH	4
<b>TOTAL</b>		<b>44.00</b>

RECOMMENDED ELECTIVES TO MAXIMIZE TRANSFER CREDIT					
Maricopa Course Code	Maricopa Transfer Credits	# Credits Required	GCU Course Code	GCU Course Title	Applied Semester Credits
COM230	SMALL GROUP COMMUNICATION	3	COM-222	SMALL GROUP COMMUNICATIONS	3.00
PTA103	KINESIOLOGY	3	EXS-335 and EXS-335L	KINESIOLOGY (LECTURE & LAB)	3.00
<b>TOTAL</b>		<b>6.00</b>			<b>6.00</b>

NOTES
<p>o Students interested in attending GCU may request a pre-evaluation of their transfer credits through the LOPES Specialist. The LOPES Specialist will review all previous college transcripts to determine how the credits will be applied to the potential student's desired program of study. To find out more information on how to request a pre-evaluation please visit our website at <a href="https://www.gcu.edu/admissions/college-transfer-center/transfer-credits.php">https://www.gcu.edu/admissions/college-transfer-center/transfer-credits.php</a>.</p> <p>o *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.</p> <p>o Students who complete a transfer-oriented associate degree (Associate of Arts or Associate of Science) may fulfill Grand Canyon University's General Education requirements. See GCU University Policy Handbook or speak to a GCU enrollment counselor for more details.</p> <p>o Students may transfer a maximum of 90 semester credit hours, no more than 84 credits of which can be lower-division.</p> <p>o Students must earn and/or transfer a minimum of 36 semester credits in upper division (300 or above) courses.</p> <p>o Students must earn and/or transfer a minimum of 120 semester credits in order to earn a Bachelor degree.</p> <p>o 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 <a href="#">University Policy Handbook</a>.</p>

Effective September 2017