

**Bachelor of Science in Exercise Science with an Emphasis in Sports Performance**

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 Sports Performance. 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<br>OR ENG107   | FIRST-YEAR COMPOSITION<br>OR FIRST-YEAR COMPOSITION FOR ESL | 3                  | ENG-105                 | ENGLISH COMPOSITION I                                  | 3.00                     |
| ENG102<br>OR ENG108   | FIRST-YEAR COMPOSITION<br>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<br>OR Equivalent by assessment     | 0                  |                         | Elective Transfer - LD                                 | 0.00                     |
| MAT140/141/142<br>OR higher course<br>(MAT150/151/152 is recommended) | 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<br>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<br>HES106 or<br>Current BLS Health Care<br>Provider/Professional Rescuer<br>Certification | BASIC LIFE SUPPORT/CARDIOPULMONARY RESUSCITATION (CPR) FOR HEALTH CARE PROVIDERS<br>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<br>EXS239AA and<br>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                     |

| MARICOPA MAJOR COURSES      |                                       |                    |                 |  |                          |
|-----------------------------|---------------------------------------|--------------------|-----------------|--|--------------------------|
| Maricopa Course Code        | Maricopa Transfer Credits             | # Credits Required | GCU Course Code | GCU Course Title                                   | Applied Semester Credits |
| <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                     |
|                             | 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                   |
| MAT-154                                      | APPLICATIONS OF COLLEGE ALGEBRA | 4                   |
|  | Critical Thinking               | 4                   |
| <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-430                          | HEALTH PROMOTION   | 4                   |
| EXS-344                          | EXERCISE SCIENCE: SPECIAL POPULATIONS                        | 4                   |
| 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                   |
| <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                     |
| MAT150/151/152                                    | COLLEGE ALGEBRA/FUNCTIONS | 3                  | MAT-154              | APPLICATIONS OF COLLEGE ALGEBRA | 3.00                     |
| PTA103  | KINESIOLOGY               | 3                  | EXS-335 and EXS-335L | KINESIOLOGY (LECTURE & LAB)     | 3.00                     |
| <b>TOTAL</b>                                      |                           | <b>9.00</b>        |                      |                                 | <b>9.00</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 November 2017