

Transfer Guide between Maricopa County Community Colleges and Grand Canyon University



Associate in Applied Science in Exercise Science: Health, Fitness and Sports Performance – Bachelor of Science in Exercise Science with an Emphasis in Sports Performance

General Education requirements, excluding University Foundations and Christian Worldview, will be considered fulfilled in the event a student has completed one of the following Associate degrees:

- Associate of Arts (AA)
- Associate of Science (AS)

In the event a student has not earned one of the aforementioned Associate level degrees, all general education coursework will be required to complete GCU's Baccalaureate degree.

The following table outlines the requirements needed to receive an Associate in Applied Science in Exercise Science: Health, Fitness and Sports Performance from Maricopa County Community Colleges. Within the tables below are preferred courses from Maricopa County Community Colleges that are applicable towards Grand Canyon University's transfer-oriented Bachelor of Science degree programs. The General Education courses outlined below are not course to course equivalencies, however they will fulfill the requirements for each competency. If the General Education GCU course has a (+) symbol, it indicates that the transferring course must be a direct course equivalency. All Program Major Transferrable Courses must be a direct course equivalency.

Maricopa County Community Colleges – Associate in Applied Science in Exercise Science: Health, Fitness and Sports Performance	Credits	Grand Canyon University – Bachelor of Science in Exercise Science with an Emphasis in Sports Performance	GCU Applied Semester Credits
General Education Requirements			
Effective Communication (9 - 12 Credits)			
ENG-101: First-Year Composition OR ENG-107: First-Year Composition for ESL	3	+ ENG-105: English Composition	3
ENG-102: First-Year Composition OR ENG-108: First-Year Composition for ESL	3	Effective Communication	3
COM-100: Introduction to Human Communication	3	Effective Communication	3
Critical Thinking (11 - 12 Credits)			
MAT-150/151/152/155/156: College Algebra/Functions	3 - 6	+ MAT-154: Applications of College Algebra	3 - 6
BIO-101: General Biology (Majors)I	4	Critical Thinking	4
FON-241: Principles of Human Nutrition	3	Critical Thinking	3
Global Awareness (6 - 8 Credits)			
Humanities, Fine Arts & Design	3	Global Awareness	3
		Global Awareness	
Additional Maricopa County Community Colleges Requirements			
AAA/CPD-115: Creating College Success AAA/CPD: 150: Strategies for College Success AAA/CPD:150AC: Educational and Career Planning CPD:104: Career and Personal Development	0 - 3	Elective Credit	0 - 3

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CRE-101: College Critical Reading and Critical Thinking	0 - 3	Elective Credit	0 - 3
EXS-211: Assessment and Program Design: Flexibility and Balance	2	Elective Credit	2
EXS-214: Instructional Competency: Flexibility and Mind-Body Exercises	2	Elective Credit	2
EXS-101: Introduction to Exercise Science	3	Elective Credit	3
EXS-125: Introduction to Exercise Physiology	3	Elective Credit	3
PED-101ST: Strength Training	1	Elective Credit	1
EMT-101: Basic Life Support/Cardiopulmonary Resuscitation CPR for Health Care Providers OR HES-106: Cardiopulmonary Resuscitation (CPR)/ Automated External Defibrillator (AED)	0.50	Elective Credit	0.50
HES-210: Cultural Aspects of Health and Illness	3	Elective Credit	3
EXS-215: Resistance Training and Recovery Techniques	3	Elective Credit	3
EXS-217: Cardiorespiratory and Flexibility Training	3	Elective Credit	3
PED	1	Elective Credit	1
Elective	4 - 5	Elective Credit	4 - 5
Bachelor of Science in Exercise Science with an Emphasis in Sports Performance: Program Major Transferrable Courses			
HES-100: Healthful Living AND EXS-213: Assessment and Program Design: Weight management and Motivation	5	NSC-150: Nutrition and Wellness	5
EXS-210: Instructional Competency: Muscular Strength and Conditioning AND EXS-212: Assessment and Program Design: Cardiorespiratory Fitness	4	EXS-250: Resistance Training and Cardiovascular Fitness	4
BIO-201: Human Anatomy and Physiology	4	BIO-201: Human Anatomy and Physiology I AND BIO-201L: Human Anatomy and Physiology I Lab	4
BIO-202: Human Anatomy and Physiology II	4	BIO-202: Human Anatomy and Physiology II AND BIO-202L: Human Anatomy and Physiology II Lab	4
EXS-290: Introduction to Evidence-based Practice	3	EXS-485: Research methods in Exercise Science	3
EXS-239/239AA/239AB: Practical Applications of Personal Training Skills and Techniques internship	3	EXS-491: Applied Exercise Science	3

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Total Credit Hours Needed to Complete Associate in Applied Science in Exercise Science: Health, Fitness and Sports Performance at Maricopa County Community Colleges	63 – 74.50 Credits
Total Semester Credit Hours Applied to Bachelor of Science in Exercise Science with an Emphasis in Sports Performance at Grand Canyon University	63 - 72 Credits

All students must meet 36 Upper Division credit requirement, as well as 30 GCU credits to meet residency requirement. Students must meet Upper Division credit requirement even if content of an Upper Division course requirement is met with a Lower Division course.

Symbol Key	
+	Symbol indicates the Maricopa County Community Colleges course must meet specific content requirements (or higher) in order to fulfill GCU's course.
^	Symbol indicates the Maricopa County Community Colleges course meets the content requirement but does not fulfill GCU's upper division requirements.

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Course #	Bachelor of Science	Semester Credits
Non-transferable GCU General Education: 8 Credits		
UNV-303	University Success	4
CWV-301	Christian Worldview	4
General Education Requirements		
	Global Awareness	4
Bachelor of Science in Exercise Science with an Emphasis in Sports Performance: Program Major		
EXS-430	Health Promotion	4
EXS-210	Sports Performance Science and Coaching	3
EXS-210L	Sports Performance Science and Coaching Lab	1
EXS-344	Exercise Science: Special Populations	4
EXS-340	Physiology of Exercise	3
EXS-340L	Physiology of Exercise Lab	1
EXS-305	Motor Control and motor Learning	4
EXS-335	Kinesiology	3
EXS-335L	Kinesiology Lab	1
EXS-481	Sports Performance Capstone	4
EXS-455	Advanced Principles of Sports Performance	3
EXS-455L	Advance Principles of Sports Performance Lab	1
EXS-318	Principles of Corrective Exercise	4

Total Credit Hours Needed to Complete an Associate in Applied Science in Exercise Science: Health, Fitness and Sports Performance at Maricopa County Community Colleges	63 – 74.50 Credits
Credits Completed at Grand Canyon University	48 - 57 Credits
Credits completed at Grand Canyon University may fluctuate contingent upon coursework successfully completed at the transferring institution. Courses are not listed twice on the transfer guide, so any courses not completed at the transferring institution will still be required as part of the GCU program. Students are required to complete a minimum of 120 credits to earn the Bachelor of Science degree. If the student completes additional courses at the transferring institution, credits may not apply to their GCU program.	
Remaining open elective credits needed to earn Bachelor of Science degree at Grand Canyon University varies based on program major requirements.	
Total Credit Hours Needed to Complete Bachelor of Science in Exercise Science with an Emphasis in Sports Performance at Grand Canyon University	120 Credits

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For additional graduation requirements, please see the <https://www.gcu.edu/sites/default/files/media/Documents/Academic-Catalog/University-Policy-Handbook.pdf>. 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 Counselor for more information. <https://www.gcu.edu/sites/default/files/media/Documents/Academic-Catalog/University-Policy-Handbook.pdf>

Effective 2021