



Bachelor of Science: Exercise Science, Health Promotion, and Recreation (Strength and Conditioning Emphasis)



Transfer Guide - Pueblo Community College Students Transferring to: Colorado State University-Pueblo Effective: 2018-2019

I. General Education Courses

*Students who do not place into college level English Composition or Math will have to take pre-requisite Developmental Education courses.

	Credit Hours	Pueblo Community College Course Number and Title or gtPathways Category	CSU-Pueblo Course (credits)
Written Communication	6	ENG 121: English Composition I (GT-CO1) ENG 122: English Composition II (GT- CO2)	ENG 101, 3 credits ENG 102, 3 credits
Mathematics	4	One gtPathways MAT 121 (GT-MA1)	Math 121, 4 credits
Arts & Humanities	9	Two gtPathways Arts & Humanities courses from two different areas (GT-AH1 , GT-AH2 , GT-AH3 , or GT-AH4); COM 115: Public Speaking	6 credits COMR 103, 3 credits
Social & Behavioral Sciences	6	One gtPathways Social & Behavioral Science course (GT-SS1 , or GT-SS2) AND Psych 235, Human Growth and Development OR Psych 100, General Psychology I	3 credits Psych 151 or 100, 3 credits
History	3	One gtPathways History course (GT-HI1)	3 credits
Natural & Physical Sciences	8	BIOL 201/L Human Physiology & Anatomy I/Lab BIOL 202/L Human Physiology & Anatomy II/Lab	BIOL 223/L: 4 credits BIOL 223/L: 4 credits
	36		36 credits

II. Required Courses

Credit Hours	Pueblo Community College Course Number and Title	CSU-Pueblo Course (credits)
3	CIS 118, Intro to PC Applications	CIS 100, 103, and 104, 3 credits
3	HPR 100, Intro to Health or other allied health intro course	EXHP 101, 2 credits
3	HWE 100, Human Nutrition	BIOL 112, 3 credits
1	HWE 103, Community First Aid and CPR	AT 232, 2 credits
3	HWE 111, Health and Fitness	EXHP 162, 3 credits
3	PSY 229, Intro to Addictive Behavior	PSYCH 220, 3 credits
16	TOTAL REQUIRED COURSE CREDITS	16 credits

III. Elective and Recommended Courses

“Recommended Courses” means courses that students are strongly encouraged, but not required, to take for preparation in this major and are listed below in priority order.

Credit Hours	Pueblo Community College Course Number and Title
8	Student chooses, with help from an advisor, from the approved electives list for the community college’s AA or AS degree. Approved electives courses include: HPR 106 Law and Ethics for Health Professionals, HPR 108 Dietary Nutrition, HPR 117 Anatomical Kinesiology, HPR 119 Computers in Healthcare, HPR 178 Medical Terminology, HPR 208 Medical Records Terminology, HPR 232 Disease Process and Treatment

60	TOTAL ASSOCIATE DEGREE CREDITS
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ASSOCIATE OF ARTS OR SCIENCE DEGREE REQUIREMENTS (60 Credits):

Students should note that all required courses must be satisfactorily completed as part of the AA or AS degree at the community college and will also transfer and apply to the bachelor’s degree requirements at the receiving 4-year institution. However, if you’re going to transfer before completing the AA or AS degree, you may not need some of these courses. In that case, check with the receiving institution and an advisor for your options.

GUARANTEES & LIMITATIONS

- 1. Completion of Associate’s Degree:** This transfer guide identifies the courses a student needs to complete (with a C- or higher) to earn an AA or AS degree at a Colorado community/junior college in order to be able to finish the designated baccalaureate degree in no more than 60 credits. Per [Colorado Commission on Higher Education \(CCHE\) Policy I, L](#), students who complete an AA or AS degree at a Colorado community/junior college and who are admitted to a Colorado public baccalaureate institution are guaranteed the following: the full transfer and application of a minimum of 60 credits toward the baccalaureate degree requirements at the Colorado institution of higher education; completion of the lower-division component of the receiving institution’s general education core curriculum; and junior standing. Course credit may be applied to major, elective or other requirements at the receiving institution’s discretion. If more than 60 college-level credits are taken or the student gets lower than a C- in one or more courses at the community/junior college, then some loss of transfer credit may occur, and students may not be able to complete this baccalaureate degree in 120 credits.
- 2. Transfer Before Completing the Associate’s Degree:** If the student intends to transfer prior to completing an AA or AS degree, this transfer guide should still be used to identify the courses that can most effectively prepare them for efficiently completing the designated major at the baccalaureate institution to which they are transferring. While not completing the required associate’s degree eliminates the guarantees described here, gtPathways general education courses identified in Section I are guaranteed to transfer and apply to the receiving institution’s gtPathways lower division general education requirements. Students are strongly encouraged to finish course sequences (such as English Comp I & II or Calculus I, II & III) before transferring.

For additional information on CCHE transfer policies and gtPathways guaranteed transfer of general education credit, visit <http://highered.colorado.gov/Academics/Transfers/Students.html>. To file a transfer-related complaint with the Colorado Department of Higher Education, visit <http://highered.colorado.gov/Academics/Complaints/default.html>

The chart shown below illustrates the remaining requirements to complete the BS in EXHPR Strength and Conditioning after transferring to CSU-Pueblo. 60 semester credits are the maximum amount of transfer credit allowed from two-year institutions. Therefore the credits shown below **MUST** be completed at CSU-Pueblo.

Additional Major Core Course Requirements		
Course Prefix (CSUP)	Course Name	Credits
AT 260	Care & Prevention of Injury	3
AT 323	Functional Exercise Training	2
EXHP 162L	Personal Health Lab	1
EXHP 201	Drugs and Healthy Lifestyle	3
EXHP 222	Behavior Facilitation	3
EXHP 301	Dartfish	1
EXHP 310L	Advanced Strength/Conditioning	1
EXHP 320	NSCA Test Prep	2
EXHP 343	Research and Statistics	3
EXHP 344/344L	Exercise Physiology/Lab	4
EXHP 364	Kinesiology	3
EXHP 382	Lifestyle Disease Risk Reduction	3
EXHP 432	Sport Exercise Psychology	3
EXHP 436	Exercise Assessment	3
EXHP 440	Biomechanics	3
EXHP 461	Managing Events and Programs	3
EXHP 494	Fieldwork	6
PSYCH 205	Intro Sport Psychology	3
REC 350	Leadership and Ethics	3
Open electives		7
Total Transfer Credit Applied Toward BS Degree		60
Total Additional Credit Required for BS Degree		60
Total BS Degree Requirements		120