

# Best Choices Guide

## Exercise Science (BS)

This Associate of Science degree is designed for Colorado Community College System (CCCS) students who want to transfer to UCCS and complete a Bachelor of Science degree with a major in Exercise Science. It is based on the [best academic advising choices](#) for future UCCS students. Please note that final graduation requirements for the bachelor's degree will be based on your year of admission to UCCS. Contact [transfer@uccs.edu](mailto:transfer@uccs.edu) for more information.

To earn the Associate of Science Degree, students must complete the following course requirements for a total of 60 semester credit hours, at least 34 of which must be Colorado State-Guaranteed Courses. Courses taken at other colleges, AP, IB, CLEP, DSST, and other sources of credit may not be applicable upon transfer to UCCS even if applied to the associate's degree at CCCS. Check the CDHE's [GT Pathways](#) website for more information.

To transfer to UCCS, students should have a cumulative GPA of 2.0 or better.

Degree Requirements	Courses	
<b>Written Communication</b> (6 hours)	<ul style="list-style-type: none"> <li>ENG 121/1021</li> <li>ENG 122/1022</li> </ul> <p><i>Note: Students who test into ENG 122/1022 should take ENG 201/2001 or HIS 265/2765 as their second written communication course.</i></p>	
<b>Oral Communication</b> (3 hours)	<ul style="list-style-type: none"> <li>COM 115/1150, 125/1250, or 220/2300</li> </ul>	
<b>Mathematics</b> (5 hours)	<ul style="list-style-type: none"> <li>MAT 166/1440</li> </ul>	
<b>Arts &amp; Humanities</b> (6 hours)	<ul style="list-style-type: none"> <li>Complete two GT-AH courses (<a href="#">GT-AH1</a>) (<a href="#">GT-AH2</a>) (<a href="#">GT-AH3</a>) (<a href="#">GT-AH4</a>)</li> </ul>	
<b>History</b> (3 hours)	<ul style="list-style-type: none"> <li>Complete one GT-HI1 course (<a href="#">GT-HI1</a>) (<b>DO NOT</b> take more than one GT-HI course for this AS.)</li> </ul>	
<b>Social &amp; Behavioral Sciences</b> (6 hours)	<ul style="list-style-type: none"> <li>Complete two GT-SS Courses (<a href="#">GT-SS1</a>) (<a href="#">GT-SS2</a>) (<a href="#">GT-SS3</a>)</li> </ul>	
<b>Physical and Life Sciences</b> (15 hours)	<ul style="list-style-type: none"> <li>Complete BIO 111/1111, BIO 112/1112, and CHE 111/1111</li> </ul>	
<b>Additional Requirements</b> (16 hours) Courses recommended by UCCS for this degree.	CHE 112/1112	5
	PHY 111/1111	5
	PHY 112/1112	5
	General Elective	1

### Other AA/AS Requirements

- A minimum of 60 credit hours in a prescribed program of study with a cumulative grade point average of 2.0 (a C average). At least 15 of these credit hours must be earned from CCCS.
- Career and technical courses, whether taken at another institution or at CCCS, are not accepted toward this degree without approval. Approval is given only when it is appropriate to the educational objectives of the student.
- Courses numbered below 100/1000 do not apply towards degrees.

### Additional Resources

The UCCS transfer website ([www.uccs.edu/transfer](http://www.uccs.edu/transfer)) has many additional resources for students transferring from CCCS to UCCS.

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## Four-Year Degree Plan - Exercise Science

The following four-year plan lists all the specific course requirements for the Bachelor of Science in Exercise Science degree at UCCS. Courses are listed by the course number at the appropriate institution. The order in which these courses are taken may vary with course availability. **Students are responsible for completing all course prerequisites.** Please note that this is a *suggested* degree program; your program may vary.

### Suggested First Year

FALL			SPRING		
√	Course	Hours	√	Course	Hours
	ENG 121/1021	3		ENG 122/1022	3
	BIO 111/1111	5		BIO 112/1112	5
	MAT 166/1440	5		GT-SS course	3
	GT-HI course	3		GT-AH course	3
	<b>TOTAL</b>	<b>16</b>		<b>TOTAL</b>	<b>14</b>

### Suggested Second Year

FALL			SPRING		
√	Course	Hours	√	Course	Hours
	CHE 111/1111	5		CHE 112/1112	5
	PHY 111/1111	5		PHY 112/1112	5
	COM 115/1150, 125/1250, or 220/2300	3		GT-AH course	3
	GT-SS course	3		General Elective	1
	<b>TOTAL</b>	<b>16</b>		<b>TOTAL</b>	<b>14</b>

### Suggested Third Year

FALL			SPRING		
√	Course	Hours	√	Course	Hours
	HPNU 2050	3		HPNU 3060	4
	HPNU 2080	3		HPNU 4550	3
	HPNU 2100	3		Upper-Division (UD) HPNU Elective	3
	HPNU 3050	3		General Elective ( <i>Inclusiveness</i> )	3
	General Elective ( <i>Sustainability</i> )	3		General Elective	4
	<b>TOTAL</b>	<b>15</b>		<b>TOTAL</b>	<b>17</b>

### Suggested Fourth Year

FALL			SPRING		
√	Course	Hours	√	Course	Hours
	HPNU 3300	3		HPNU 4900	1
	HPNU 4790	3		UD HPNU Elective	3
	HPNU 4950	3		UD HPNU Elective	3
	UD HPNU Elective	3		General Elective ( <i>Navigate</i> )	3
	UD HPNU Elective	3		General Elective ( <i>UD WIC</i> )	3
	<b>TOTAL</b>	<b>15</b>		<b>TOTAL</b>	<b>13</b>

### UCCS Bachelor of Science, Exercise Science Major Requirements

- A minimum of 120 hours must be completed with a cumulative CU grade point average of 2.0; at least 45 of these hours must be at the upper-division level (courses numbered 3000-4999).
- The Exercise Science major requires a minimum of 36 hours with a grade point average of 2.0, and at least 18 of the hours must be at the upper-division level (courses numbered 3000-4999).
- The last 30 hours of the degree must be completed while registered in the Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences at UCCS.

Prospective Student Advising: Transfer Advisor ([transfer@uccs.edu](mailto:transfer@uccs.edu))