

Exercise Science (BS)

This Associate of Science degree is designed for PPCC students who want to transfer to UCCS and complete a Bachelor of Science degree in Exercise Science. It is based on the [best academic advising choices](#) for future UCCS students.

To earn the Associate of Science Degree, students must complete the following course requirements for a total of 60 semester credit hours, at least 35 of which must be Colorado State-Guaranteed Courses. Courses taken at other colleges, AP, IB, CLEP, and other sources of credit may not be applicable upon transfer to UCCS even if applied to the associate's degree at PPCC.

To transfer to UCCS, students should have a cumulative GPA of 2.4 or better, *including all remedial and repeated courses*. (Students with a transfer GPA between 2.0 and 2.39 will be considered for admission.) Each transfer course must have a grade of "C" or better.

Degree Requirements	Courses					
Communication (9 credit hours)	ENG 121	<i>Note: Students who test into ENG 122, should take ENG 201 as their second composition course.</i>				
	ENG 122					
	COM 115, 125, or 220					
Mathematics (5 credit hours)	Category GT-MA1					
	MAT 166					
Arts & Humanities/Social & Behavioral Sciences (15 credit hours) 1. Select two courses from two different GT-AH areas.	Category GT-AH1					
	ART 110	ART 111	ART 112	ART 207	DAN 125	MUS 120
	MUS 121	MUS 122	MUS 123	MUS 125	THE 105	THE 108
	THE 211	THE 212	THE 215			
	Category GT-AH2					
	HUM 103	HUM 115	HUM 121	HUM 122	HUM 123	LIT 115
	LIT 201	LIT 202	LIT 205	LIT 211	LIT 212	LIT 221
	LIT 222	LIT 225	LIT 246	LIT 259	LIT 268	
	Category GT-AH3					
	PHI 111	PHI 112	PHI 113	PHI 114	PHI 205	PHI 214
	PHIL 218	PHI 220				
	Category GT-AH4					
	FRE 211	FRE 212	GER 211	GER 212	ITA 211	ITA 212
	JPN 211	JPN 212	RUS 211	RUS 212	SPA 211	SPA 212
2. Select one GT-HI course.	Category GT-HI1					
	HIS 101	HIS 102	HIS 111	HIS 112	HIS 121	HIS 122
	HIS 205	HIS 207	HIS 208	HIS 215	HIS 225	HIS 235
	HIS 236	HIS 243	HIS 244	HIS 247	HIS 249	HIS 250
	HIS 251	HIS 255	HIS 260			
3. Select two courses from two different GT-SS areas.	Category GT-SS1					
	AGE 102	ECO 101	ECO 201	ECO 202	ECO 245	POS 105
	POS 111	POS 125	POS 205	POS 215	POS 225	
	Category GT-SS2					
	GEO 105	GEO 106				
	Category GT-SS3					
	AGR 260	ANT 101	ANT 103	ANT 107	ANT 108	ANT 201
	ANT 215	ANT 225	ANT 250	COM 220	CRJ 110	ETH 200
	JOU 105	PSY 101	PSY 102	PSY 205	PSY 217	PSY 226
	PSY 227	PSY 235	PSY 238	PSY 240	PSY 249	SOC 101
	SOC 102	SOC 205	SOC 207	SOC 215	SOC 216	SOC 218
SOC 220	SOC 231	SOC 237	WST 200	WST 225	WST 240	

Physical and Life Sciences (15 credit hours)	Category GT-SC1					
	BIO 111	BIO 112	CHE 111			
Additional Requirements 16 credits recommended by UCCS for this degree plus remaining courses from the approved course list.	CHE 112					5
	PHY 111					5
	PHY 112					5
	General Elective					1

NOTE: Courses in italics will count towards the UCCS Writing Intensive Requirement.

Other AS Requirements

1. 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 PPCC.
2. Only 6 elective credits are allowed in any combination of PED courses.
3. Career and technical courses, whether taken at another institution or at PPCC, are not accepted toward this degree without approval of the PPCC Vice President for Instructional Services. Approval is given only when it is appropriate to the educational objectives of the student.
4. Courses numbered below 100 do not apply towards degrees

Foreign Language Note – UCCS

UCCS admission requirements include 2 years of the same high school foreign language (or equivalent 2 semesters at Pikes Peak Community College). Students planning to attend UCCS who do not have the prerequisite foreign language requirement should consider enrolling in these courses in addition to the degree requirements. Students who do not meet this requirement will need to fulfill it upon transferring to UCCS. This admission requirement does not apply to those who graduated from high school prior to 1988, who have a GED, who graduated from a non-U.S. high school, or who can prove proficiency in a foreign language through the 2nd semester at college level. **Please check with the Transfer Advisor (ppcc@uccs.edu) to see if this requirement applies to you.**

Advising at PPCC

(719) 502-3232 – advising@ppcc.edu

Additional Resources

The UCCS transfer website (www.uccs.edu/transfer) has many additional resources for students transferring from PPCC to UCCS.

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	3		ENG 122	3
	BIO 111	5		BIO 112	5
	MAT 166	5		GT-SS course	3
	GT-HI course	3		GT-AH course	3
TOTAL		16	TOTAL		14

Suggested Second Year

FALL			SPRING		
√	Course	Hours	√	Course	Hours
	CHE 111	5		CHE 112	5
	PHY 111	5		PHY 112	5
	COM 115, 125, or 220	3		GT-AH course	3
	GT-SS course	3		General Elective	1
TOTAL		16	TOTAL		14

Suggested Third Year

FALL			SPRING		
√	Course	Hours	√	Course	Hours
	HPNU 2050	3		HPNU 3060	4
	HPNU 3050	4		HPNU 4550	3
	HPNU 3100	3		UD HPNU Elective	3
	Upper-Division (UD) HPNU Elective	3		General Elective (<i>Inclusiveness</i>)	3
	General Elective (<i>Sustainability</i>)	3		General Elective	3
TOTAL		16	TOTAL		16

Suggested Fourth Year

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

UCCS Bachelor of Science, Exercise Science Major Requirements

1. A minimum of 120 hours must be completed with a cumulative CU grade point average of 2.0
2. The last 30 hours of the degree must be completed while registered in the Beth-El College of Nursing and Health Sciences
3. For specific department information and recommendations, please visit: <http://www.uccs.edu/biology>.

NOTE: Additional options exist for Exercise Science but may require additional hours to complete the BS degree.

Prospective Student Advising: Transfer Advisor (ppcc@uccs.edu)