



## Bachelor of Science: Exercise Science, Physical Education, and Recreation (Strength and Conditioning Concentration)



**Transfer Guide - Pueblo Community College Students Transferring to:  
Colorado State University Pueblo  
Effective starting 2022**

### I. General Education Courses

	<b>Credit Hours</b>	<b>Pueblo Community College Course Number and Title or gtPathways Category</b>	<b>CSU Pueblo Course (credits)</b>
Written Communication	6	ENG 121/1021: English Composition I (GT-CO1) ENG 122/1022: English Composition II (GT- CO2)	ENG 101, 3 credits ENG 102, 3 credits
Mathematics	4	One gtPathways MAT 121 ( <a href="#">GT-MA1</a> )	MATH 120, 3 credits
Arts & Humanities	9	Two gtPathways Arts & Humanities courses from two different areas ( <a href="#">GT-AH1</a> , <a href="#">GT-AH2</a> , <a href="#">GT-AH3</a> , or <a href="#">GT-AH4</a> ); COM 115/1150: Public Speaking	6 credits CID 103, 3 credits
Social & Behavioral Sciences	6	One gtPathways Social & Behavioral Science course ( <a href="#">GT-SS1</a> , or <a href="#">GT-SS2</a> ) AND PSY 235/2440, Human Growth and Development OR PSY 100/1005, General Psychology I	3 credits  PSYC 151 or 100, 3 credits
History	3	One gtPathways History course ( <a href="#">GT-H11</a> )	3 credits
Natural & Physical Sciences	8	BIOL 201/2101 Human Physiology & Anatomy I with Lab BIOL 202/2102 Human Physiology & Anatomy II with Lab	BIOL 223/L: 4 credits BIOL 223/L: 4 credits
<b>Credits</b>	<b>36</b>		<b>35</b>

### II. Required Courses

<b>Credit Hours</b>	<b>Pueblo Community College Course Number and Title</b>	<b>CSU-Pueblo Course (credits)</b>
3	CIS 118/1018, Intro to PC Applications	CIS 100, 103, and 104, 3 credits
3	HPR 100/1000, Intro to Health or other allied health intro course	EPER 101, 2 credits
3	HWE 100/1050, Human Nutrition	BIOL 112, 3 credits
1	HWE 103/1001, Community First Aid and CPR	AT 232, 2 credits
3	HWE 11/10621, Health and Fitness	EPER 162, 3 credits
1	PED 102/1002, Weight Training	EPER 110L, 1 credit
3	PSY 229/2112, Intro to Addictive Behavior	EPER 201, 3 credits
<b>17</b>	<b>TOTAL REQUIRED COURSE CREDITS</b>	<b>17 credits</b>

### 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
7	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 106/1008 Law and Ethics for Health Professionals, HPR 108/1010 Dietary Nutrition, HPR 117/1017 Anatomical Kinesiology, HPR 119/1007 Computers in Healthcare, HPR 139/1039 Medical Terminology, HPR 208/1045 Medical Records Terminology, HPR 232/1032 Disease Process and Treatment

<b>60</b>	<b>TOTAL ASSOCIATE DEGREE CREDITS</b>
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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 <https://cdhe.colorado.gov/guaranteed-transfer-gt-pathways-general-education-curriculum>

To file a transfer-related complaint with the Colorado Department of Higher Education, visit <https://cdhe.colorado.gov/students/how-do-i/filing-a-student-complaint>

The chart shown below illustrates the remaining requirements to complete the BS in EXPER Strength and Conditioning after transferring to CSU Pueblo. 64 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.

<b>Additional Major Core Course Requirements</b>		
<b>Course Prefix (CSUP)</b>	<b>Course Name</b>	<b>Credits</b>
AT 260	Care & Prevention of Injury	3
AT 323	Functional Exercise Training	2
EPER 162L	Personal Health Lab	1
EPER 201	Drugs and Healthy Lifestyle	3
EPER 222	Behavior Facilitation	3
EPER 301	Dartfish	1
EPER 310L	Advanced Strength/Conditioning	2
EPER 320	NSCA Test Prep	3
HS 330	Epidemiology and Disease Prevention	3
EPER 343	Research and Statistics	3
EPER 344/344L	Exercise Physiology/Lab	4
EPER 350	Leadership and Ethics	3
EPER 364	Kinesiology	3
EPER 432	Sport Exercise Psychology	3
EPER 436	Exercise Assessment	3
EPER 440	Biomechanics	3
EPER 461	Managing Events and Programs	3
EPER 494	Fieldwork	6
PSYC 205	Intro Sport Psychology	3
Open electives		5
<b>Total Transfer Credit Applied Toward BS Degree</b>		<b>60</b>
<b>Total Additional Credit Required for BS Degree</b>		<b>60</b>
<b>Total BS Degree Requirements</b>		<b>120</b>