

This program is designed to transfer exclusively to Colorado State University's BS in Health and Exercise Science – Sports Medicine or Health Promotion Concentrations.

Health and Exercise Science students are introduced to concepts related to human movement and the promotion of positive health behaviors. Topics include human physiology and anatomy, nutrition, and factors contributing to chronic disease states.

Career paths for Health and Exercise Science – Sports Medicine graduates include physical therapy, cardiovascular rehabilitation, exercise physiology, medicine, and a variety of allied health professions. These careers typically require a bachelor's degree or higher.

A full-time student can complete this Associate of Science (AS) degree in two years. This degree prepares students to transfer to a four-year university to complete the second half of a Bachelor of Science (BS) in Health and Exercise Science. To be successful, students should have a foundation in science and math and an interest in working with people to support healthy lifestyles.

Required Courses	Credits	Pre or Co Reqs Rqd	Course Availability		
			Fall	Spr	Sum
General Education Courses					
• Arts / Humanities GT-AH1-AH4	3	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
• Arts / Humanities GT-AH1-AH4	3	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
• BIO 111 - General College Biology I with Lab: GT-SC1* (5 Cr.)	5	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
• BIO 201 - Human Anatomy and Physiology I with Lab: GT-SC1* (4 Cr.)	4	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
• BIO 202 - Human Anatomy and Physiology II with Lab: GT-SC1 (4 Cr.)	4	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
• COM 115 - Public Speaking* (3 Cr.)	3	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
• ENG 121 - English Composition I: GT-CO1*(3 Cr.)	3	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
• ENG 122 - English Composition II: GT-CO2 (3 Cr.)	3	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
• History GT-HI1	3	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
• MAT 121 - College Algebra: GT-MA1* (4 Cr.)	4	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
• PSY 101 - General Psychology I: GT-SS3* (3 Cr.)	3	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
• Social / Behavioral Science GT-SS3	3	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Additional Required Courses					
• CHE 111 - General College Chemistry I with Lab: GT-SC1* (5 Cr.)	5	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
• CHE 112 - General College Chemistry II with Lab: GT-SC1* (5 Cr.)	5	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
• HWE 100 - Human Nutrition (3 Cr.)	3	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
• HWE 111 - Health and Wellness (3 Cr.)	3	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
• MAT 135 - Introduction to Statistics GT-MAT1* (3 Cr.)	3	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Pre-Requisites, Co-Requisites, and Recommendations (grade C or better required)

Where requirements are listed as course categories (e.g. Electives, Arts/Humanities) rather than as specific courses, please note that depending upon course choice, pre-requisites may be required.

BIO 111 - General College Biology I with Lab: GT-SC1* (5 Cr.)

- Pre-Requisite: CCR 092 (or higher) or equivalent and MAT 050/MAT 055 or equivalent

BIO 201 - Human Anatomy and Physiology I with Lab: GT-SC1* (4 Cr.)

- Pre-Requisite: BIO 111 - General College Biology I with Lab: GT-SC1 OR Score of 75+ on Biology Placement Test

BIO 202 - Human Anatomy and Physiology II with Lab: GT-SC1 (4 Cr.)

- Pre-Requisite: BIO 201 - Human Anatomy and Physiology I with Lab: GT-SC1

CHE 111 - General College Chemistry I with Lab: GT-SC1* (5 Cr.)

- Pre-Requisite: CCR 092 (or higher) or equivalent and MAT 121 with a grade of "C" or better or equivalent placement scores.

CHE 112 - General College Chemistry II with Lab: GT-SC1* (5 Cr.)

- Pre-Requisite: CHE 111 - General College Chemistry I with Lab: GT-SC1
- Pre-Requisite: MAT 121 - College Algebra or Higher

ENG 121 - English Composition I: GT-CO1*(3 Cr.)

- Co-Requisite: CCR 094 - Studio 121 (3 Cr.)

ENG 122 - English Composition II: GT-CO2 (3 Cr.)

- Pre-Requisite: ENG 121 - English Composition I OR ENG 131 - Technical Writing I

MAT 121 - College Algebra: GT-MA1* (4 Cr.)

- Co-Requisite: MAT 093 - Algebra Lab* (1 Cr.) OR MAT 077 - Prep Lab for College Algebra (2 Cr.)
- Pre-Requisite: MAT 055 - Algebraic Literacy (4 Cr.) or appropriate score

Notes

- All courses required for this degree must be completed with a "C" or better to be considered for transfer to another Colorado institution. Transferability of courses to colleges or universities outside of Colorado is determined by the receiving institution.
- In order to meet program requirements, students registered for ENG 121 or ENG 131 must also register for CCR 094 unless they can demonstrate otherwise meeting the CCR 094 standard through assessment testing, prior college coursework, or recent High School coursework. See an Advisor for details.

Graduation Requirements

- All courses required for this degree must be completed with a "C" or better to be considered for transfer to another Colorado institution. Transferability of courses to colleges or universities outside of Colorado is determined by the receiving institution.
- To graduate, students must apply for graduation (form available at www.arapahoe.edu/departments-and-programs/graduation) by the deadline and meet all degree requirements.

RECOMMENDED COURSE SEQUENCE FULL-TIME TRACK

Year 1: Fall	Credits	Course
	3	Arts / Humanities GT-AH1-AH4 ~Recommended Arts / Humanities Course(s)~ FRE 211 - French Language III: GT-AH4 (3 Cr.) LIT 115 - Introduction to Literature I: GT-AH2* (3 Cr.) LIT 225 - Introduction to Shakespeare: GT-AH2* (3 Cr.) MUS 120 - Music Appreciation: GT-AH1* (3 Cr.) PHI 111 - Introduction to Philosophy: GT-AH3* (3 Cr.) PHI 113 - Logic: GT-AH3* (3 Cr.) SPA 211 - Spanish Language III: GT-AH4 (3 Cr.)
	5	BIO 111 - General College Biology I with Lab: GT-SC1* (5 Cr.)
	3	ENG 121 - English Composition I: GT-CO1 (3 Cr.)
	4	MAT 121 - College Algebra: GT-MA1 (4 Cr.)
Year 1: Spring	Credits	Course
	4	BIO 201 - Human Anatomy and Physiology I with Lab: GT-SC1 (4 Cr.)
	3	ENG 122 - English Composition II: GT-CO2 (3 Cr.)
	3	History GT-HI1 ~Recommended History Course(s)~ HIS 101 - Western Civilization: Antiquity-1650: GT-HI1* (3 Cr.) HIS 102 - Western Civilization: 1650-Present: GT-HI1* (3 Cr.) HIS 111 - The World: Antiquity-1500: GT-HI1* (3 Cr.) HIS 112 - The World: 1500-Present: GT-HI1* (3 Cr.) HIS 235 - History of the American West HI1* (3 Cr.) HIS 245 - US in the World: GT-HI1* (3 Cr.) HIS 247 - 20th Century World History: GT-HI1* (3 Cr.)
	3	HWE 100 - Human Nutrition (3 Cr.)
	3	HWE 111 - Health and Wellness (3 Cr.)
Year 2: Fall	Credits	Course
	4	BIO 202 - Human Anatomy and Physiology II with Lab: GT-SC1 (4 Cr.)
	5	CHE 111 - General College Chemistry I with Lab: GT-SC1 (5 Cr.)
	3	COM 115 - Public Speaking (3 Cr.)
	3	PSY 101 - General Psychology I: GT-SS3 (3 Cr.)
Year 2: Spring	Credits	Course
	3	Arts / Humanities GT-AH1-AH4 ~Recommended Arts / Humanities Course(s)~ ENG 221 - Creative Writing I: GT-AH1 (3 Cr.) HUM 115 - World Mythology: GT-AH2* (3 Cr.) MUS 125 - History of Jazz: GT-AH1* (3 Cr.) PHI 112 - Ethics: GT-AH3* (3 Cr.) PHI 114 - Comparative Religions: GT-AH3* (3 Cr.) SPA 212 - Spanish Language IV: GT-AH4 (3 Cr.)
	5	CHE 112 - General College Chemistry II with Lab: GT-SC1 (5 Cr.)
	3	MAT 135 - Introduction to Statistics GT-MAT1* (3 Cr.)



3 Social / Behavioral Science GT-SS3

~Recommended Social / Behavioral Science Course(s)~

POS 205 - International Relations: GT-SS1* (3 Cr.)

POS 225 - Comparative Government: GT-SS1* (3 Cr.)

SOC 207 - Environmental Sociology: GT-SS3* (3 Cr.)

RECOMMENDED COURSE SEQUENCE PART-TIME TRACK

Year 1: Fall	Credits	Course
	5	BIO 111 - General College Biology I with Lab: GT-SC1* (5 Cr.)
	3	ENG 121 - English Composition I: GT-CO1 (3 Cr.)
Year 1: Spring	Credits	Course
	4	BIO 201 - Human Anatomy and Physiology I with Lab: GT-SC1 (4 Cr.)
	3	HWE 100 - Human Nutrition (3 Cr.)
	4	MAT 121 - College Algebra: GT-MA1 (4 Cr.)
Year 1: Summer	Credits	Course
	3	PSY 101 - General Psychology I: GT-SS3 (3 Cr.)
Year 2: Fall	Credits	Course
	4	BIO 202 - Human Anatomy and Physiology II with Lab: GT-SC1 (4 Cr.)
	5	CHE 111 - General College Chemistry I with Lab: GT-SC1 (5 Cr.)
Year 2: Spring	Credits	Course
	3	Arts / Humanities GT-AH1-AH4 ~Recommended Arts / Humanities Course(s)~ FRE 211 - French Language III: GT-AH4 (3 Cr.) LIT 115 - Introduction to Literature I: GT-AH2* (3 Cr.) LIT 225 - Introduction to Shakespeare: GT-AH2* (3 Cr.) MUS 120 - Music Appreciation: GT-AH1* (3 Cr.) PHI 111 - Introduction to Philosophy: GT-AH3* (3 Cr.) PHI 113 - Logic: GT-AH3* (3 Cr.) SPA 211 - Spanish Language III: GT-AH4 (3 Cr.)
	5	CHE 112 - General College Chemistry II with Lab: GT-SC1 (5 Cr.)
	3	MAT 135 - Introduction to Statistics GT-MAT1* (3 Cr.)
Year 2: Summer	Credits	Course
	3	COM 115 - Public Speaking (3 Cr.)
Year 3: Fall	Credits	Course
	3	Arts / Humanities GT-AH1-AH4 ~Recommended Arts / Humanities Course(s)~ ENG 221 - Creative Writing I: GT-AH1 (3 Cr.) HUM 115 - World Mythology: GT-AH2* (3 Cr.) MUS 125 - History of Jazz: GT-AH1* (3 Cr.) PHI 112 - Ethics: GT-AH3* (3 Cr.) PHI 114 - Comparative Religions: GT-AH3* (3 Cr.) SPA 212 - Spanish Language IV: GT-AH4 (3 Cr.)
	3	ENG 122 - English Composition II: GT-CO2 (3 Cr.)



Year 3: Spring	Credits	Course
	3	History GT-HI1 ~Recommended History Course(s)~ HIS 101 - Western Civilization: Antiquity-1650: GT-HI1* (3 Cr.) HIS 102 - Western Civilization: 1650-Present: GT-HI1* (3 Cr.) HIS 111 - The World: Antiquity-1500: GT-HI1* (3 Cr.) HIS 112 - The World: 1500-Present: GT-HI1* (3 Cr.) HIS 235 - History of the American West HI1* (3 Cr.) HIS 245 - US in the World: GT-HI1* (3 Cr.) HIS 247 - 20th Century World History: GT-HI1* (3 Cr.)
	3	HWE 111 - Health and Wellness (3 Cr.)
	3	Social / Behavioral Science GT-SS3 ~Recommended Social / Behavioral Science Course(s)~ POS 205 - International Relations: GT-SS1* (3 Cr.) POS 225 - Comparative Government: GT-SS1* (3 Cr.) SOC 207 - Environmental Sociology: GT-SS3* (3 Cr.)