

TRANSFER GUIDE
B.A. Human Performance and Wellness
Exercise Science Concentration
or
Sport and Fitness Management Concentration
MESA STATE COLLEGE

Section I: Degree/Program Requirements

A. Institutional graduation requirements for this degree program.

The graduation requirements for a transfer student pursuing this major will be no different than the graduation requirements for a native student, including the minimum number of semester credit hours required for graduation requirements. Specifically, the student must:

- Complete 120 credit hours successfully,
- Successfully complete the 6 credit hour B.A. Degree Distinction requirement (foreign language),
- Successfully complete the 3 credit hour Human Performance and Wellness graduation requirement,
- Successfully complete the required 56-58 credit hours in the major for the Exercise Science concentration or 58 credit hours in the major for the Sport and Fitness concentration,
- Earn a grade of 2.0 or higher for all courses in the major and a 2.0 overall GPA for all courses taken,
- Successfully complete the required 40 credit hours of upper division courses (numbered 300 or higher) and,
- Successfully complete the required number of elective credit hours toward the degree and,
- Meet graduation requirements regarding exit exams and/or any other major-specific requirements appearing on the student degree/program plan.
- Student must possess Red Cross Standard First Aid/CPR certificate.

B. Required courses in Major, including pre-requisites and required supporting courses.

COMMUNITY COLLEGE REQUIRED COURSES: Required courses to be taken as part of AA/AS degree to guarantee the completion of a baccalaureate degree in 60 additional credits after transfer.

Required courses

BIO 201 Human Anatomy and Physiology (4) [Either concentration]

CHE 111 General College Chemistry (5) [Exercise Science concentration only]

MAN 226 Principles of Management (3) [Sport and Fitness Management concentration only]

MAR 216 Principles of Marketing (3) [Sport & Fitness Management concentration only]

Recommended courses (where offered, prefix and number may vary with institution) See advisor for equivalent courses

(approved equivalent) History/Philosophy Human Performance (3)

(approved equivalent) Methods of Physical Fitness (3)

(approved equivalent) Prevention & Care Athletic Injuries (3)

* *Elective credit hours section of Mesa State degree will include all transfer credits not used in any other manner*

** *Students at community colleges offering Physical Education courses may want to check with advisor regarding acceptable courses for fulfillment of Human Performance and Wellness graduation requirement.*

Students taking foreign language courses at the community college need to check with an advisor regarding possible fulfillment of the BA Degree Distinction requirement.

DEGREE PROGRAM REQUIREMENTS

Course Number	Course Name	Credit Hours	CC Course Number	CC Course Name (recommend these courses be taken while at CC)	CC Credit Hours
Required Major courses, BA Human Performance and Wellness					

	HPWA 200	History/Philosophy Human Performance	3		(equivalent course)	(3)
	HPWA 213	Methods of Physical Fitness	3		(equivalent course)	(3)
	HPWA 301	Tests and Measurements	3			
	HPWA 303 & HPWA 303L	Exercise Physiology and Lab	3 1			
	HPWA 309 & BIOL 309L	Anatomical Kinesiology and Lab	3 1			
	HPWA 494	Senior Seminar (Capstone)	1			
Required Concentration courses, Exercise Science						
	HPWA 234	Prevention & Care Athletic Injuries	3		(equivalent course)	(3)
	HPWA 260	School and Personal Health	3			
	HPWA xxx	Defined Upper Division HPWA courses	18			
	HPWA 279	Practicum	2			
	CHEM/BIOL/HPWA	Select one course from given list (lecture & lab count as one course)	3-5			
Required Concentration courses, Sport & Fitness Management						
	HPWA xxx	Defined Upper Division HPWA courses	30			
General Electives *						
	Degree total 20-22 elective credits	Electives (see advisor for Upper Division credit hour requirements)	2-4			
Other graduation requirements **						
	B.A. Degree Distinction	Two consecutive courses of approved Foreign Language	6			
	Human Performance and Wellness		3			
	Graduation Requirements beyond AA/AS degree		60			
	Associate of Arts/Science Degree		60			
	TOTAL GRADUATION REQUIREMENTS		120			

Section II: Transfer of Credit

A. Grade Eligibility

Only academic courses with a letter grade of C or better are transferable. If a course is taken pass/fail or satisfactory/unsatisfactory, the grade must be C or better to be satisfactory or pass.

For purposes of transfer acceptance only, a C- is considered the same as a C. Mesa State College will accept and count toward meeting graduation requirements all state guaranteed general education courses that have a grade of C or better.

B. Treatment of Advanced Placement (AP) and International Baccalaureate (IB) in awarding credit

Mesa State College accepts scores of 3 and above (dependent on subject type) for Advance Placement exams and scores of 5 and above (dependent on subject of exam and level of exam) for International Baccalaureate exams.

C. Age of Transfer credit

