



Bachelor of Science in Health and Exercise Science Transfer Guide from Regis Catalog 2021-2022

Transfer Guide Covers Credits Earned from any Colorado Community College		
Bachelor of Science in Health and Exercise Science		
Core Course Requirements	Colorado Community College Courses	Credits
English Composition	RCC 200	3
Economics/Social Sciences/Business	ACC 101-125, 135-255; ANT 101-280; BUS 115, 203-241; ECO 101-245; FIN 101-201, 210, 226; GEO 105-200; HIS 101-265; POS 105-225; PSY 101-102, 205-269; SOC 101-265	3
Literature/Humanities/Oral & Written Communication	ARA 111-212; ART 110-266; ASL 121-123, 221-222; BUS 217; CHI 111-112, 211; COM 115-267; ENG 122-238; FRE 111-112, 211-212; FVM 105-271; GER 111-112, 211-212; GRK 105-106; HUM 103-241; ITA 111-112, 211-212; JOU 105-121, 215-241; JPN 111-268; LIT 115-269; MUS 100-111, 120-131; PHO 226-260; RUS 111-112, 211-212; SPA 111-115, 211-215; THE 105, 111, 112, 141, 143, 211, 212, 215-240, 255	6
Philosophical Inquiry and Reflection	PHI 111-250	3
Health Care Ethics	Regis University	3
Exploring Religious Traditions	HUM 118; PHI 114, 115, 116, 123, 124, 203, 214, 250	6
PH 202A – General Physics with Trigonometry I	Regis University	3
PH 205A – General Physics Laboratory with Trigonometry I	Regis University	1
BL 260 – Principles of Biology I		3
BL 261 – Principles of Biology Laboratory I	BIO 111	1
NS 260 – Introduction to Brain and Behavior	Regis University	3
NS 261 – Introduction to Brain and Behavior Laboratory	Regis University	1
PY 250/250C – General Psychology	PSY 101-102	3
PY 358 – Lifespan Human Development	PSY 235-238	3
SO 200/200C – Introduction to Sociology	SOC 101, ANT 101	3
Total Core		45
Lower Division Major Requirements		
HES 210 – Introduction to Health and Exercise Science	Regis University	3
HES 311 – Research Design and Statistics	Regis University	3
HES 350 – Normal and Therapeutic Nutrition	HWE 100	3
HES 374 – Applied Human Anatomy		3
HES 375 – Applied Human Anatomy Laboratory	BIO 201	1
HES 376 – Applied Human Physiology		3
HES 377 – Applied Human Physiology Laboratory	BIO 202	1
Total Lower Division Major Requirements		17
Upper Division Major Requirements		
HES 418 – Psychosocial Aspects of Health	Regis University	3
HES 420 – Functional Anatomy	Regis University	3
HES 421 – Functional Anatomy Laboratory	Regis University	1
HES 430 – Physiology of Exercise	Regis University	3
HES 431 – Physiology of Exercise Laboratory	Regis University	1

HES 434 – Exercise Prescription	Regis University	3
HES 435 – Exercise Prescription Laboratory	Regis University	1
HES 438 – Nutrition Across the Lifespan	Regis University	3
HES 440 – Concepts of Motor Behavior	Regis University	3
HES 441 – Concepts of Motor Behavior Laboratory	Regis University	3
HES 450 – Biomechanics of Exercise	Regis University	3
HES 451 – Biomechanics of Exercise Laboratory	Regis University	1
HES 460 – Community Health Assessment	Regis University	3
Total Upper Division Major Requirements	Regis University	31
<i>Choice of 4 courses. One must be an internship chosen from the approved list of internship sites, at least two others from the remaining options. The fourth elective may be from outside this group and count toward a minor in another subject area.</i>		
HES 439 – Population-Based Exercise Science Programs	Regis University	3
HES 465 – Management in Health Settings	Regis University	3
HES 470 – Perspectives on Global Health	Regis University	3
HES 472 – Society and Culture in Health	Regis University	3
HES 490E-W – Independent Study in HES	Regis University	1-3
HES 498E-W – Internship in Health and Exercise Science	Regis University	3
HCA 432A – Leading Effective Organizations I	Regis University	3
HCA 440 – Health Coaching	Regis University	3
Total Requirements		12
Electives		
General Electives	To be completed at Community College or Regis	17
Total General Electives		17
Total Needed for Graduation		120

62 credits to be completed at Community College



58 credits to be completed at Regis University



120 total credits

NEXT STEP: Request unofficial transcript evaluation from ATOB@regis.edu

REGIS.EDU/TRANSFER | 800.944.7667 | ATOB@REGIS.EDU

Regis University undergraduate students must complete 30 credit hours at the upper division level at Regis University. This document is an unofficial, informational guide. Please review Regis University's Catalog for transfer policies and degree requirements.

Regis University is regionally accredited by the Higher Learning Commission (HLC).