

Associate of Arts, Health & Human Performance Total Degree Credits: 60

Regis University Health and Exercise Science Regis -Required **Transfer** Prerequisite(s) Courses **General Education Written Communications** ENG 1021 - English Composition I Credits: 3 **RCC 200** COM, EN, FAA, FAC, FAH, FAM, FAMH, FR, GR, HU, LT, SP, GK ENG 1022 English Composition II Pre req- ENG 1021 | Credits: 3 PORT* **Mathematics** MAT 1340 College Algebra (or any Mathematics [MA1] Pre req- MAT 055+ course) or assessment Credits: 4 MT 260 **Arts & Humanities, History and Social & Behavioral Sciences Arts and Humanities** Credits: 3 PL 270 PHI 1011 Intro to Philosophy All RS and RT Credits: 3 Choose 1 course (PHI 1014, 1016, 2014) courses History - choose 1 course (minimum 3 credits) Credits: 3 Social & Behavioral Sciences PSY 1001 General Psychology I Credits: 3 PY 250 PY 358 PSY 2440 Human Growth/Development Credits: 3 SOC 1001 Intro to Sociology Credits: 3 SO 200 **Natural and Physical Sciences** BIO 1111 General College Biology w/lab Credits: 5 BL 258/259 BL 260/261 (4 BIO 1112 General College Biology II w/lab Credits: 5 credits) PHY 1111 Physics: Algebra Based I w/lab Credits: 5 PH 202A/205 A **Additional Required Course** Choose 1 course (COM 1150, COM 1250, or CIS 1018) Credits: 3 HES 374/375 (4 BIO 2101 Human Anatomy & Phy. w/lab Pre req-BIO 1111 Credits: 4 credits) HES 376/377 (4 BIO 2102 Human Anatomy & Phy. II w/lab Pre req-BIO 2101 Credits: 4 credits) Program Required Courses (12 credits) Physical Education: (3 credit)

PED 1000 Fitness Concepts		Credits: 1	Elective
PED 1003 - Weight Training II		Credits: 2	Elective
Health & Wellness: (6 credits)			
HWE 1050 - Human Nutrition		Credits: 3	NR 350
Total Credits for A.A. Degree: 60			