

| Associate of Arts | | | |
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| Health and Human Performance Pathway | | | |
| Regis University Health and Exercise Science Track | | | |
| General Education Credits | | | |
| Written Communications | | | |
| ENG 1021 - English Composition I | | Credits: 3 | RCC 200 |
| ENG 1022 English Composition II | Pre req- ENG 1021 | Credits: 3 | COM, EN, FAA, FAC, FAH, FAM, FAMH, FR, GR, HU, LT, SP, GK PORT* |
| Mathematics | | | |
| MAT 1340 College Algebra (or any Mathematics [MA1] course) | Pre req- MAT 055+ or assessment | Credits: 4 | MT 260 |
| Arts & Humanities, History and Social & Behavioral Science | | | |
| Arts and Humanities | | | |
| PHI 1011 Intro to Philosophy | | Credits: 3 | PL 270 |
| Choose 1 course (PHI 1014, 1016, 2014) | | Credits: 3 | All RS and RT courses |
| History - choose 1 course (minimum 3 credits) | | Credits: 3 | |
| Social & Behavioral Sciences | | | |
| PSY 1001 General Psychology I | | Credits: 3 | PY 250 |
| PSY 2440 Human Growth/Development | | Credits: 3 | PY 358 |
| 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 |
| BIO 1112 General College Biology II w/lab | | Credits: 5 | BL 260/261 (4 credits) |
| PHY 1111 Physics: Algebra Based I w/lab | | Credits: 5 | PH 202A/205 A |
| Additional Required Course (choose 1) | | | |
| COM 1150 Public Speaking, COM 1250 Interpersonal Communication, CIS 1018 Intro to PC Applications, or any 1000 level or higher World Language course | | | |
| BIO 2101 Human Anatomy & Phy. w/lab | Pre req- BIO 1111 | Credits: 4 | HES 374/375 (4 credits) |
| BIO 2102 Human Anatomy & Phy. II w/lab | Pre req- BIO 2101 | Credits: 4 | HES 376/377 (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 | | | |