

TRANSFER GUIDE AND PLANNING WORKSHEET

Mesa State College Colorado Community Colleges Bachelor of Arts Degree – Kinesiology: (Concentrations – Adapted Physical Education, Exercise Science, K-12 Physical Education)

This planning worksheet represents a guide for community college students transferring to Mesa State College and majoring in Kinesiology. This transfer guide can be used in two ways:

- If the student completes an Associate of Arts degree or an Associate of Science degree at a Colorado community/junior college, this Transfer Guide identifies the courses a student needs to complete (with a C- or higher) at the community/junior college in order to be able to finish the designated baccalaureate degree in no more than 60 credits beyond the 60 credits required to complete the Associate degree. In this role, the planning worksheet serves as a “60+60” transfer guide. Under Colorado policy, students who complete an Associate of Arts or an Associate of Science degree at a Colorado community/junior college and are admitted to a public 4-year college or university within Colorado are also guaranteed: the full transfer of a minimum of 60 credits toward a baccalaureate degree at a Colorado institution of higher education, completion of the lower-division component of the receiving institution’s core curriculum, and junior standing. If more than 60 college-level credits are taken at the community/junior college, some loss of transfer credit may occur and students may not be able to complete this baccalaureate degree in 120 credits.
- If the student intends to transfer prior to completing an Associate of Arts or an Associate of Science degree, this Transfer Guide should still be used to identify the courses that can most effectively prepare them for efficiently completing the designated major at the institution to which they are transferring. While not completing the required Associate degree eliminates the guarantees described above, all the individual general education courses identified below in Section I are guaranteed to transfer and to count toward fulfilling the receiving institution’s lower division general education requirements.

Community college students seeking to transfer under the CCHE ‘60+60’ guaranteed graduation policies described above must complete all required courses (listed as only option or as required) within the first 60 semester hours at the community college and complete an Associate of Arts or an Associate of Science degree. Completion of an associate degree does not assure admission to any Mesa State College degree program.

For additional information on CCHE transfer policies and GT-Pathways guaranteed transfer of general education credit, visit <http://highered.colorado.gov/Academics/Transfers/>

ASSOCIATE OF ARTS REQUIREMENTS (60 Credits):

Where possible, choose ‘Required’ (Sections I and II) and ‘Best Choice’ (Section III) courses to apply toward associate degree general education and electives course work.

I. Associate of ARTS General Education Courses

Communication (6 credit hours)	Cr-Hrs	Grade
ENG 121 – English Comp I	3	B
ENG 122 English Comp II	3	B

Mathematics (3 credit hours)	Cr-Hrs	Grade
MATH 120 Math for Liberal Arts	3	C

Arts & Humanities , (9 credit hrs) Select three courses, with no more than two courses from any one category.	Cr-Hrs	Grade
Arts and Expression (AH1) –		
Literature and Humanities (AH2) –		
Ways of Thinking (AH3) –		
Foreign Language (AH4) –		

Social and Behavioral Sciences (9 credit hours) Select three courses, at least one of which must be in the history (HI1) category, with no more than 2 courses from any one category.	Cr-Hrs	Grade
History (HI1) –		
Economic or Political Systems (SS1) –		
Geography (SS2) –		
PSY 235 – Human Growth & Development	3	B

Physical and Life Sciences (7 credit hours) Select two courses, at least one with laboratory (SC1)	Cr-Hrs	Grade

Speech (3 credit hours) Select COM 115 or COM 125. Speech is a CCCS graduation requirement, not part of GT-Pathways.	Cr-Hrs	Grade
COM 115 (recommended) or COM 125	3	

Total General Education:	Cr-Hrs
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II. Required Courses for Mesa State College - Kinesiology Major

To be eligible for the CCHE '60+60' guaranteed transfer program, all required courses below must be satisfactorily completed as part of the AA degree within the 60 semester hour maximum.

Required Courses	Cr Hrs	Grade
BIOL 201 Human Anatomy & Physiology & lab (all concentrations) MSC BIOL 209/209L Human Anatomy & Physiology	4	
CHEM 111 General Chemistry (Exercise Science concentration) MSC CHEM 121/121L Principles of Chemistry	4	
HWE 124 Fitness & Wellness (all concentrations) MSC KINE 100 Health & Wellness	1	

III. Elective 'Best Choice' Courses for Transfer to Mesa State College - Kinesiology Major

After completing all required courses in Sections I and II, select 'Best Choice' courses below to complete the 60 credit hour AA degree. These 'Best Choices' courses facilitate graduating from Mesa State College with a major in Kinesiology in the same time frame as a native Mesa State College student. 'Best Choice' courses are listed in priority order. Complete sequence courses before transferring to Mesa State College.

Best Choices	Cr Hrs	Grade
HWE 125 – Intro to Human Performance MSC KINE 205 Introduction to Sport Management	3	
HWE 237 Exercise, Nutrition and Body Comp MSC KINE 213 Applications of Physical Fitness and Exercise Prescription	3	
Prevention and Care of Physical Injuries MSC KINE 234 Prevention and Care of Athletic Injuries	3	

For additional information about Mesa State College admission criteria, academic programs, and graduation requirements, visit www.mesastate.edu, or call (970) 248-1875 to speak to an admissions counselor.