



REGIS
UNIVERSITY

**Bachelor of Science in Health and
Exercise Science
Transfer Guide from Regis Catalog
2024-25**

**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	ENG 1021	3
Economics/Social Sciences/Business	ACC 1001-1025, 1035-1038, 2011-2068; ANT 1001-1006, 1101-1226, 2115-2550; BUS 1002-1020, 2001-2026; CRJ 1010-1045, 2001-2068; ECE 1011-1045, 1111-2051, 2101-2661; ECO 1001-1005, 2001-2045; EDU 1011, 1311-1351, 2201-2661; ETH 2000-2024; FIN 1010, 2010; GEO 1005-1065, 2000; HIS 1110-2015, 2105-2765; POS 1011-1050, 2005-2025; PSY 1001-1016, 2105-2771; SOC 1001-1002, 2005-2065; WGS 2000, 2100-2300	3
Literature/Humanities/Oral and Written Communication	ARA 1011-1012, 2011; ART 1001-1006, 1110-1802, 2201-2704; ASL 1101-1123, 2221-2245; BUS 2017; CHI 1011-1012, 2011; COM 1150-1300, 2160-2400; ENG 1015-1032, 2001-2038; FRE 1011-1012, 2011-2012; GER 1011-1012, 2011-2035; HUM 1003-1064, 2011; ITA 1011-1012, 2011-2012; JOU 1005-1021, 2015-2041; JPN 1011-1012, 2011-2012; LIT 1015, 2001-2068; MUS 1000-1068, 2010-2065; RUS 1011-1012, 2011-2012; SPA 1011-1015, 2011-2062; THE 1005-1041, 2011-2055	6
Philosophical Inquiry and Reflection	PHI 1011-1042, 2001-2020	3
Health Care Ethics	Regis University	3
Exploring Religious Traditions	PHI 1014, 1015, 1016, 1042, 2003, 2014	6
BL 260 - Principles of Biology II		3
BL 261 - Principles of Biology Laboratory II	BIO 1111	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 1001-1002	3
PY 358 - Lifespan Human Development	PSY 2440-2441	3
SO 200/200C - Introduction to Sociology	SOC 1001; ANT 1001	3
Total Core		41
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 1050	3
HES 374 - Applied Human Anatomy		3
HES 375 - Applied Human Anatomy Laboratory	BIO 2101	1
HES 376 - Applied Human Physiology		3
HES 377 - Applied Human Physiology Laboratory	BIO 2102	1
Total Lower Division Major Requirements		17
Upper Division Major Requirements		
HES 418 - Health Psychology	Regis University	3
HES 420 - Kinesiology	Regis University	3
HES 421 - Kinesiology 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	1
HES 460 - Community Health Assessment	Regis University	3
HES 498E-W - Internship in Health and Exercise Science (1-6 credits)	Regis University	3
Total Upper Division Major Requirements	Regis University	28
<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 450 - Biomechanics of Exercise	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 (1-3 credits)	Regis University	1
HCA 432A - Leading Effective Organizations I	Regis University	3
HCA 440 - Health Coaching	Regis University	3
Total Upper Division Major Requirements		12
Electives		
General Electives (18-23)	To be completed at Community College or Regis University	18-23
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).