

Complete an [Associate of Arts, Emphasis in Exercise Science](#) from a Maricopa County Community College District (MCCCD) campus, transfer to Northern Arizona University [Bachelor of Science Health Sciences Fitness Wellness](#)

The NAU academic catalog is the official source for all academic requirements and policies. Any discrepancies from other sources will default to the catalog.

Transfer Plan – 2025-2026

NAU Transfer Plans are a unique tool designed to help guide your academic journey from community college to NAU.

To be completed at the Community College:

☐ Exercise Science degree:

[Associate of Arts, Emphasis in Exercise Science: Degree Code 8121](#) **OR**
[Associates in Applied Science, Health, Fitness, and Sports: Degree Code 3059](#)

☐ [AGEC](#) Requirements: The Arizona General Education Curriculum (AGEC) serves as a key component of many community college programs in Arizona. While not mandatory, completion of an AGECE satisfies all General Education requirements at NAU. In some cases, the AGECE is embedded within Associate degree programs, and many degree-specific courses simultaneously satisfy AGECE criteria.

☐ Health Sciences Foundations Coursework to be completed at any Maricopa County Community College; must be completed prior to starting NAU Fitness & Wellness core.

NAU course prefixes

MCCCD Course Equivalent

BIO 201 Human Anatomy and Physiology I
BIO 201L
BIO 202 Human Anatomy and Physiology II
BIO 202L
BIO 181
BIO 192
HS 200
NTS 135
FW 275
CHM 151

BIO 201
BIO 201L
BIO 202
BIO 202L
BIO 181
EXS 101
HES 100
FON 241
EXS 217
CHM 151

If needed, additional transferable credits to reach maximum possible transfer of 75 credits. Work with your Community College advisor and your [NAU Transfer Representative](#) to identify which courses transfer to NAU.

To be completed at Northern Arizona University:

☐ [Bachelor of Science Health Science, Fitness Wellness](#) Required Core:

Term 1

BIO 338	Physiology of Exercise
FW 321	Stress Management
FW 325	Applied Movement Analysis & Motor Learning
FW405	Worksite Health Promotion

Term 2

FW 330	Health Risk Appraisal & Fitness Assessment
FW 360W	Special Populations
FW 380	Strength and Conditioning Program Design
FW 343	Facilitating Active Living (Elective)

Term 3

NTS 425	Nutrition for Sport Performance & Wellness
FW 399	Department Elective TBD
FW420C	Exercise Program Design & Modification
FW 406	Health Coaching Skills

Term 4

FW 408	Fieldwork Experience – Sit for ACSM EP Certification
FW 430	Professional Practice & Responsibilities

Additional Considerations:

- This program is available in person on the Glendale Community College campus and in Flagstaff.
- This program allows up to 75 transfer credits.
- BIO 181 and CHM 151 are not degree requirements, but are prerequisites for other required courses.
- “C” grade or better required in BIO 201 and BIO 202 and their labs.
- This program is accredited by the [Commission on Accreditation of Allied Health Education Programs \(CAAHEP\)](#).
- This program will prepare students to sit for a nationally accredited certification; ACSM Certified Physiologist (EP-C) which is a requirement for many employment opportunities in the fitness profession.
- This program is available as an Accelerated Undergraduate/Graduate Plan wherein a student may start a master’s degree while simultaneously completing their bachelor’s degree.