CSP TRANSFER GUIDE

# Anoka Ramsey Community College: AS Exercise Science Transfer Pathway to Concordia University, St. Paul: Bachelor of Arts in Exercise Science Online and On Campus

Transfer Guide is based on the 2026-2027 Academic Catalog and may be subject to change

Step 1: Complete the below general education courses in your Associate's Degree:

*If you are MnTC complete, all general education requirements except for Theology will be met*

| General Education Equivalencies | | |
|---|---|---|
| **Anoka Ramsey General Education Courses** | **Credits** | **How it transfers to CSP*** |
| ENGL 1120 Crosscurrent College Writing Critical Reading<br>OR<br>ENGL 1121 College Writing & Critical Reading | 4 | Communication General Education Area |
| CMST 1110 Introduction to Communication<br>OR<br>CMST 2215 Public Speaking<br>OR<br>CMST 2220 Interpersonal Communication | 3 | Communication General Education Area |
| BIOL 1106 Principles of Biology I | 4 | Natural Science General Education Area |
| MATH 1114 Introduction to Statistics | 4 | MAT 110 Introduction to Probability and Statistics |
| PSYC 1110 General Psychology | 4 | Social Science General Education Area |
| MnTC Goal 5 Course from category A or C[1] | 3 | Social Science General Education Area |
| *All remaining General Education Courses* | 14 | Elective - applied towards minimum 120 required credits* |

**Step 2**: Complete the below major courses in your Associate's degree.
*A minimum of 50% of the major course requirements must be completed at CSP

| Major Course Equivalencies | | |
|---|---|---|
| **Anoka Ramsey Major Courses** | **Credits** | **How it transfers to CSP*** |
| HPER 1112 Nutrition | 3 | KHS 318 Applied Nutrition |
| HPER 1200 Anatomy of Movement<br>AND<br>HPER 1205 Introduction to Exercise Science | 4 | KHS 340 Functional Anatomy |
| HPER 2206 Exercise Physiology | 4 | KHS 474 Exercise Physiology |
| HPER 2207 Fitness Testing and Exercise Prescription<br>AND<br>HPER 2208 Concepts in Personal Training | 4 | KHS 475 Applied Exercise Prescription |
| *All remaining Major Courses* | 9 | Elective - applied towards minimum 120 required credits* |

**Step 3**: Complete the following minimum requirements* at Concordia University:

| Remaining General Education and Major courses requirements at Concordia University, St. Paul | Credits |
|---|---|
| **Remaining General Education Requirements:** | **12** |
| Theology: Must be completed at CSP | 6 |
| Humanities (2 Courses) | 6 |
| **Remaining Major Course Requirements:** | **21** |
| KHS 230 Foundations of Exercise and Sports Science | 3 |
| KHS 425 Exercise and Sport Psychology | 3 |
| KHS 473 Biomechanics | 3 |
| KHS 345 Sport Business | 3 |
| KHS 436 Motor Development, Control, and Motor Learning | 3 |
| KHS 480 Exercise Assessment | 3 |

| | |
|---|---|
| KHS 498 Internship | 3 |
| *Elective Credits to reach minimum requirement of 120** | **27** |
| **Minimum Total Credits to complete at CSP** | **60** |

***see reverse for important transfer policies***

[1]If the full goal area is not complete, verify with CSP that the chosen course in each goal area will satisfy the indicated general education area. CSP cannot guarantee course transfer if the full goal area is not complete. Students who are not goal area complete and select courses not approved as a general education course at CSP may have additional credit requirements to complete at CSP.

Transfer Policies:

- The above transfer guide is intended for fully completed MnTC Goal Areas only. Partially completed goal areas will be subject to course-by-course evaluation and does not guarantee transfer to a specific CSP general education area.
- An overall GPA of 2.0 or higher and major GPA of 2.0 or higher is required. (Unless the course applies toward the major, all transfer credit is accepted with a grade of Pass 'P' and does not impact your CSP GPA.).
- A minimum of 120 credits is required to earn a bachelor's degree from CSP. A minimum of 30 credits must be successfully completed at CSP and a maximum of 90 credits will be accepted in transfer.
- A minimum of half of the major credit requirements must be successfully completed at CSP.
- Completion of the full MN Transfer Curriculum will fulfill all general education credits at CSP, with the exception of Theology.
- Students may have additional credits earned from attendance at other schools, please be sure to submit all transcripts.
- The courses listed above are current as of the corresponding Academic Calendar. Course requirements are subject to change.
- Please contact the Concordia University Office of Admissions for the most up to date information.

**Guide approved by Registrar & SCS: XXXX**