CSP TRANSFER GUIDE

Anoka Ramsey Community College: AS Exercise Science Transfer Pathway to Concordia University, St. Paul: Applied Bachelor of Science in Exercise Science

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 OR ENGL 1121 College Writing & Critical Reading	4	Communication General Education Area
CMST 1110 Introduction to Communication OR CMST 2215 Public Speaking OR CMST 2220 Interpersonal Communication	3	Communication General Education Area
BIOL 1106 Principles of Biology I	4	BIO 120 General Biology I
CHEM 1020 Interpretive Chemistry OR CHEM 1061 Principles of Chemistry I[2]	4	General Elective Credit Or CHE 115 General Chemistry I[2]
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***
BIOL 2113 Human Anatomy & Physiology I	4	BIO 315 Human Anatomy & Physiology I
BIOL 2114 Human Anatomy & Physiology II	4	BIO 316 Human Anatomy & Physiology II
HPER 1112 Nutrition	3	KHS 318 Applied Nutrition
HPER 1200 Anatomy of Movement AND 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 AND 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:	**38**
KHS 230 Foundations of Exercise and Sports Science	3

KHS 301 Research Methods	3
KHS 425 Exercise and Sport Psychology	3
KHS 405 Health Psychology	3
KHS 436 Motor Development, Control, and Motor Learning	4
KHS 473 Biomechanics	4
KHS 480 Exercise Assessment	3
KHS 472 Athletic Training, Injury Prevention, and Safety	4
KHS 498 Internship	3
Exercise Science Major Electives	8
*Elective Credits to reach minimum requirement of 120**	**10**
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.
[2]CSP recommends students select CHEM 1061 at Anoka Ramsey as it's equivalent, CHE 115, is required as part of the BS Exercise Science major at CSP. Students who do not complete CHEM 1061 at ARCC will still be required to complete CHE 115 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.).
- Students must complete all requirements for a three-year Bachelor's degree. See csp.edu/90-credit-bachelors-program/ for more details.
- 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