



Health Science Minors

The following department guidelines have been established for minor programs from the Health Science Department of Beth-El College of Nursing and Health Sciences at the University of Colorado at Colorado Springs. Please be sure to speak with an academic advisor in Main Hall, 2nd floor, to declare a minor. **NOTE: All minors require a minimum GPA of 2.0 or better to earn the minor.**

NUTRITION				
Department Website: www.uccs.edu/bethel/programs/nutrition				
A minor in Nutrition requires at least 18 credit hours. All classes must be completed with a grade of C- or better. Students will be responsible for any prerequisites to required courses. A maximum of 9 hours of transfer work may apply to the minor.	<i>Complete 18 credit hours from the following courses:</i>			
	HSCI 2070	Nutrition for Health Professionals		3
	HSCI 3201	Health Behavior Change		3
	HSCI 3280	Herbal & Dietary Supplements		3
	HSCI 3330	Sports Nutrition: Basic Principles		3
	HSCI 3520	Health Communication		3
	HSCI 4050	Obesity and Weight Management		3
	HSCI 4060	Sports Nutrition		3
	HSCI 4090	Food, Culture, Community and Health		3
	HSCI 4430	Advanced Nutrition I: Macronutrient Metabolism		3
	HSCI 4440	Advanced Nutrition II: Micronutrient Metabolism		3
	Total			18

HEALTH AND WELLNESS PROMOTION				
Department Website: www.uccs.edu/bethel				
A minor in Health and Wellness Promotion requires at least 18 credit hours. All classes must be completed with a grade of C- or better. Students will be responsible for any prerequisites to required courses. A maximum of 9 hours of transfer work may apply to the minor.	<i>Complete 18 credit hours from the following courses:</i>			
	BIOL 3300	Exercise Physiology		3
	BIOL 4550	Biomechanics/Kinesiology		3
	HSCI 1020	Personal Fitness and Wellness		3
	HSCI 2010	Intro to Health Science Professions		3
	HSCI 2070	Nutrition for Health Sciences		3
	HSCI 3201	Health Behavior Change		3
	HSCI 3310	Applied Sport and Exercise Psychology		3
	HSCI 3330	Sports Nutrition		3
	HSCI 3520	Health Communication		3
	HSCI 4030	Sports Specific Training Principles		3
	HSCI 4050	Obesity & Weight Management		3
	HSCI 4080	Pathophysiology for the Health Sciences		3
	HSCI 4580	Physical Activity and Public Health		3
	HSCI 4590	Concepts of Health and Disease		3
	HSCI 4610	Sports Injury and Prevention		3
	HSCI 4640	Program Planning		3
	HSCI 4670	Health Assessment		3
HSCI 4950	Exercise Testing and Prescription		4	
Total			18	