



## B.S. Health Care Science – Strength & Conditioning Option

### Academic Advising Hours:

**Location:** Main Hall 208

**Hours:** Monday: 9am-5pm Walk-in Advising  
Tuesday–Friday: 9am-4pm Appointments Only  
Call: (719) 255-3260

**Website:** [www.uccs.edu/advising](http://www.uccs.edu/advising)

### General Academic Information

#### Academic Policies

It is the responsibility of each student to know and follow all Academic policies established by the University and the Beth-El College of Nursing & Health Sciences that are set forth in the Catalog ([catalog.uccs.edu](http://catalog.uccs.edu)) and the Beth-El Student Handbook (<http://www.uccs.edu/~bethel/studenthandbooks.htm>).

#### Background Checks/ Risk Waivers

All Health Science students completing a practicum or internship are required to complete a criminal background check. Students enrolled in courses involving an activity component are required to complete the UCCS Risk Waiver prior to participating in any activity.

#### Probation/Suspension

Students may be placed on academic probation if their CU GPA falls below 2.0 or if they receive a grade below a C- in any required Health Science courses for the first time. They may continue with required courses unless the course/courses in which they received a grade below a C- are prerequisites for upcoming courses. In that case, the course/courses in which they received a grade below a C- must be repeated prior to progressing. Students may remain on academic probation for a maximum of three semesters with a GPA under 2.0. If, by the end of their third semester of probation, their CU GPA has not been raised to 2.0 or better, they will be subject to suspension from the College. Two required Health Science courses with a grade of C- or below will result in dismissal from the College. Students may petition in writing to the Department Chair for re-admission to the College within 30 calendar days. Dismissal from the Health Science Program does not imply dismissal from the University of Colorado.

- A minimum of 120 hours must be completed with a cumulative CU grade point average of 2.0.
- 30 hours of the degree must be completed while registered in the Beth-El College of Nursing & Health Sciences at UCCS.
- Courses numbered below 1000 do not count towards degree completion.

#### Compass Curriculum

Compass Curriculum is the campus-wide general education program at UCCS. The Compass Curriculum has multiple components many of which will coincide with the degree requirements listed in this guide. Please visit the Compass Curriculum website at [www.uccs.edu/compasscurriculum](http://www.uccs.edu/compasscurriculum), review your degree audit, or check out the Compass Curriculum advising guide for specific course details. The required components are listed below and referenced in the guide.

#### REQUIRED COMPASS CURRICULUM COMPONENTS:

Component	Course
<b>Gateway</b>	GPS 1010
<b>Explore<sup>1</sup> – Arts, Humanities and Cultures</b>	See Degree Audit
<b>Explore<sup>1</sup> – Society, Behavior and Health</b>	PSY 1000
<b>Explore<sup>1</sup> – Physical and Natural World</b>	CHEM 1401/1402
<b>Navigate</b>	HSCI 3630
<b>Summit</b>	HSCI 4950
<b>Writing Intensive Course (WIC)<sup>2</sup></b> <i>Two courses with at least one upper-division (3000+ level).</i>	HSCI 4670 HSCI 4950
<b>Inclusiveness<sup>2</sup></b>	HSCI 3630
<b>Sustainability<sup>2</sup></b>	See Degree Audit

<sup>1</sup> Explore must be outside major requirements.

<sup>2</sup> Can count towards other requirements within the Compass Curriculum or within a student's degree program.



**DEPARTMENT OF HEALTH SCIENCES— BS Health Care Science –**

**Strength & Conditioning Option**

Department website: [www.uccs.edu/~bethel/](http://www.uccs.edu/~bethel/)

Degree Requirements	Courses		
	Course Number	Course Title	Credit Hours
<b>General Education and Compass Curriculum Requirements</b> (15 hours)	GPS 1010	Gateway Seminar Experience	3
	ENGL 1310	Rhetoric & Writing I	3
	ENGL 1410	Rhetoric & Writing II	3
	Explore Elective	Choose one course from the Explore - Arts, Humanities & Cultures course list	3
	HSCI 3630	Culture and Health	3
	Sustainability	Choose one course from the Sustainability course list	0(3)*
	PORT 3000	Writing Portfolio Assessment	0
<b>Strength &amp; Conditioning Option Requirements</b> (66 hours)  All courses must have a grade of "C-" or better.	BIOL 1300/1310	General Biology: Organismic Biology and Lab	4
	BIOL 1350/1360	General Biology: Introduction to the Cell and Lab	4
	BIOL 2010	Human Anatomy and Physiology I	4
	BIOL 2020	Human Anatomy and Physiology II	4
	BIOL 3300	Exercise Physiology	3
	BIOL 4550	Biomechanics/Kinesiology	3
	HSCI 2060	Health Science Statistics	3
	HSCI 2070 OR BIOL 2050	Nutrition for Health Professionals	3
	HSCI 3201	Health Behavior Change	3
	HSCI 3310	Applied Sport & Exercise Psychology	3
	HSCI 3330 OR BIOL 4300	Sport Nutrition	3
	HSCI 4300	Advanced Nutrition	
	HSCI 3460	Organization & Administration	3
	HSCI 4030	Sports Specific Training Principles & Techniques	3
	HSCI 4031	Sports Specific Training Principles & Techniques Lab	1
	HSCI 4490	Exercise Considerations for Special Populations	3
	HSCI 4610	Sports Injury & Prevention	3
	HSCI 4620	Internship in Health Sciences	3
	HSCI 4670	Health Assessment	3
	HSCI 4950	Exercise Testing and Prescription	4
Upper-Division BIOL Electives	<i>Complete six hours of 3000+ level Biology Electives (excluding botany and ecology courses).</i>	6	
<b>Auxiliary Requirements</b> (27 hours)	CHEM 1401/1402	General Chemistry I and Lab	5
	CHEM 1411/1412	General Chemistry II and Lab	5
	PES 1010/1150	Physics for Life Science I and Lab	5
	PES 1020/2150	Physics for Life Science II and Lab	5
	MATH 1050	Elementary Functions of Calculus	4
	PSY 1000	General Psychology	3
<b>General Electives</b> (12 hours)			

\* The Sustainability course can be double counted with major electives or general electives and does not require additional hours.



## Four-Year Degree Plan – BS Health Care Science – Strength & Conditioning Option

The following four-year plan lists all the specific course requirements for the Bachelor of Science in Health Care Science – Strength & Conditioning Option degree at UCCS. The order in which these courses are taken may vary with course availability. **Students are responsible for completing all course prerequisites.** Please note that this is a *suggested* degree program; your program may vary.

### ***Suggested First Year***

FALL			SPRING		
√	Course	Hours	√	Course	Hours
	ENGL 1310	3		ENGL 1410	3
	BIOL 1300/1310	4		BIOL 1350/1360	4
	GPS 1010	3		CHEM 1411/1412	5
	CHEM 1401/1402	5		General Elective	3
	<b>TOTAL</b>	<b>15</b>		<b>TOTAL</b>	<b>15</b>

### ***Suggested Second Year***

FALL			SPRING		
√	Course	Hours	√	Course	Hours
	PES 1010/1150	5		PES 1020/2150	5
	MATH 1050	4		PSY 1000	3
	BIOL 2010	4		BIOL 2020	4
	HSCI 2070 or BIOL 2050	3		HSCI 3201	3
	<b>TOTAL</b>	<b>16</b>		<b>TOTAL</b>	<b>15</b>

### ***Suggested Third Year***

FALL			SPRING		
√	Course	Hours	√	Course	Hours
	HSCI 2060	3		BIOL 4550	3
	BIOL 3300	3		HSCI 3310	3
	HSCI 3330	3		HSCI 3630	3
	Explore – Arts, Humanities & Cultures Course	3		Upper-Division (UD) BIOL Elective	3
	General Elective	3		General Elective	3
	<b>TOTAL</b>	<b>15</b>		<b>TOTAL</b>	<b>15</b>

### ***Suggested Fourth Year***

FALL			SPRING		
√	Course	Hours	√	Course	Hours
	HSCI 3460	3		HSCI 4490	3
	HSCI 4030	3		HSCI 4610	3
	HSCI 4031	1		HSCI 4620	3
	HSCI 4670	3		HSCI 4950	4
	General Elective	3		UD BIOL Elective	3
	<b>TOTAL</b>	<b>13</b>		<b>TOTAL</b>	<b>16</b>