



**PROGRAM REQUIREMENTS - BACHELOR OF SCIENCE IN HEALTH CARE SCIENCE**  
*Health and Wellness Promotion Option*

<u>General Education Course Requirements</u>	<u>Credits</u>
ENGL 131 & 141 Rhetoric and Writing I & II ( <i>Complete Competency Exam after ENGL 141</i> )	6
HSCI 206 Health Science Statistics ( <i>Can Sub w/PSY 210</i> )	3
Humanities Electives ( <i>two-see LAS list</i> )	6
PSY 100 General Psychology	4
SOC 111 Introduction to Sociology	4
General Education Electives	<u>7</u>
	30
 <u>Health Science Prerequisites</u>	
BIOL 100 & 106 Biology in the Modern World and Lab	4
BIOL 201 & 202 Human Anatomy and Physiology I & II	8
CHEM 101 Introduction to Chemistry I ( <i>Pre-req high school algebra</i> )	4
HSCI 102 Personal Fitness and Wellness	3
MATH 104 College Algebra or higher math class ( <i>Pre-req score 12+ on Algebra Diagnostic Exam</i> )	3
PES 101 Physics for Life Sciences I ( <i>Pre-req MATH 104, fall/summer</i> )	<u>4</u>
	26
 <u>Health Science Core Requirements</u>	
HSCI 401 Health Science Research ( <i>Pre-req/Co-req HSCI 206, Jr/Sr level, fall &amp; summer only</i> )	3
HSCI 420 Health Behavior Change ( <i>fall &amp; summer only</i> )	3
HSCI 452 Health Teaching	3
HSCI 463 Culture and Health ( <i>Soph level, spring &amp; summer only</i> )	<u>3</u>
	12
 <u>Health and Wellness Promotion Option Requirements</u>	
BIOL 330 Exercise Physiology ( <i>Pre-reqs BIOL 201, 202, CHEM 101, fall only</i> )	3
BIOL 455 Biomechanics/Kinesiology ( <i>Pre-reqs BIOL 201, 202, PES 101, spring only</i> )	3
HSCI 201 Intro to Sports Health and Wellness Promotion	3
HSCI 207 Nutrition for Health Science ( <i>Pre-req CHEM 101, can be taken during Interim</i> )	3
HSCI 333 Sports Nutrition ( <i>Pre-reqs HSCI 106 or HSCI 207, BIOL201, fall only</i> )	3
HSCI 4—Health Science Electives ( <i>three courses within HSCI 300 and above</i> )	9
HSCI 405 Obesity and Weight Management ( <i>HSCI 207, spring only</i> )	3
HSCI 459 Concepts of Health and Disease ( <i>Soph level, spring only</i> )	3
HSCI 461 Sports Injury and Prevention ( <i>Pre-reqs BIOL 201 &amp; 202, spring only</i> )	3
HSCI 462 Internship in Sports Health	10
HSCI 464 Program Planning and Implementation ( <i>Jr/Sr level, fall only</i> )	3
HSCI 467 Health Assessment ( <i>Jr/Sr level, spring only</i> )	3
HSCI 495 Exercise Testing and Prescription ( <i>Pre-reqs BIOL 201, 202, 330, fall only</i> )	<u>3</u>
	52

**TOTAL PROGRAM CREDITS = 120**

**UNIVERSITY OF COLORADO AT COLORADO SPRINGS  
PROGRAM REQUIREMENTS FOR  
BETH-EL COLLEGE OF NURSING & HEALTH SCIENCES**

**MODEL DEGREE PLAN - BACHELOR OF SCIENCE IN HEALTH CARE SCIENCE  
*Health and Wellness Promotion Option***

<u><b>First Year</b></u>	<u><b>Credits</b></u>
BIOL 100 & 106 Biology in Modern World and Lab	4
CHEM 101 Introduction to Chemistry I ( <i>Pre-req high school algebra</i> )	4
ENGL 131 Rhetoric and Writing I ( <i>Pre-req ACT English score 19 or SAT Verbal 450</i> )	3
General Education Elective	3
ENGL 141 Rhetoric and Writing II ( <i>Pre-req ENGL 131 or 29+ on ACT English or 650+ SAT Verbal</i> )	3
MATH 104 College Algebra ( <i>Pre-req score 12+ on Algebra Diagnostic Exam</i> )	3
HSCI 102 Personal Fitness and Wellness	3
HSCI 201 Intro to Sports Health and Wellness Promotion	3
SOC 111 Introduction to Sociology	4
	30
<u><b>Second Year</b></u>	
BIOL 201 Human Anatomy and Physiology I ( <i>fall only</i> )	4
*HSCI 207 Nutrition for Health Science ( <i>Pre-req CHEM 101, can be taken during Interim</i> )	3
HSCI 452 Health Teaching ( <i>Soph level</i> )	3
PES 101 Physics for Life Sciences I ( <i>Pre-req MATH 104, fall/summer</i> )	4
BIOL 202 Human Anatomy and Physiology II ( <i>Pre-req BIOL 201, spring only</i> )	4
*HSCI 206 Health Science Statistics ( <i>Interim course</i> )	3
HSCI 459 Concepts of Health and Disease ( <i>Soph level, spring only</i> )	3
HSCI 463 Culture and Health ( <i>Soph level, spring/summer only</i> )	3
PSY 100 General Psychology	4
	31
<u><b>Third Year</b></u>	
BIOL 330 Exercise Physiology ( <i>Pre-reqs BIOL 201, 202, CHEM 101, fall only</i> )	3
HSCI 333 Sports Nutrition ( <i>Pre-reqs HSCI 106 or HSCI 207, BIOL201, fall only</i> )	3
HSCI 4—Health Science Elective ( <i>any HSCI course above 300 level</i> )	3
HSCI 401 Health Science Research ( <i>Pre-req/Co-req HSCI 206, Jr/Sr level, fall/summer only</i> )	3
HSCI 464 Program Planning and Implementation ( <i>Jr/Sr level, fall only</i> )	3
BIOL 455 Biomechanics/Kinesiology ( <i>Pre-reqs BIOL 201, 202, PES 101, spring only</i> )	3
HSCI 4—Health Science Elective ( <i>any HSCI course above 300 level</i> )	3
HSCI 405 Obesity and Weight Management ( <i>HSCI 207, spring only</i> )	3
HSCI 467 Health Assessment ( <i>Jr/Sr level, spring only</i> )	3
Humanities Elective ( <i>see LAS list</i> )	3
	30
<u><b>Fourth Year</b></u>	
General Education Electives	4
HSCI 4—Health Science Elective ( <i>any HSCI course above 300 level</i> )	3
HSCI 420 Health Behavior Change ( <i>fall/summer only</i> )	3
HSCI 495 Exercise Testing and Prescription ( <i>Pre-reqs BIOL 201, 202, 330, fall only</i> )	3
Humanities Elective ( <i>see LAS list</i> )	3
HSCI 461 Sports Injury and Prevention ( <i>Pre-reqs BIOL 201 &amp; 202, spring only</i> )	3
HSCI 462 Internship in Sports Health	10
	29

TOTAL PROGRAM CREDITS = 120