

BETH-EL COLLEGE OF  
NURSING & HEALTH SCIENCES



UNIVERSITY OF COLORADO  
AT COLORADO SPRINGS

**PROGRAM REQUIREMENTS - BACHELOR OF SCIENCE IN HEALTH CARE SCIENCE**  
*Senior Fitness Instructor 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
Humanities Electives ( <i>two—see LAS list</i> )	6
HSCI 206 Health Science Statistics ( <i>Can Sub w/PSY 210</i> )	3
PSY 100 General Psychology	3-4
SOC 111 Introduction to Sociology	3-4
General Education Elective	<u>3-6</u>
	27
 <u>Health Science Prerequisites</u>	
BIOL 110/111 General Biology I and Lab ( <i>Pre-req HS CHEM or concurrent w/CHEM101, fall only</i> )	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 only</i> )	3
HSCI 420 Health Behavior Change ( <i>Pre-reqs PSY 100, HSCI 463, fall only</i> )	3
HSCI 452 Health Teaching ( <i>Soph level, fall only</i> )	3
HSCI 463 Culture and Health ( <i>Soph level, spring only</i> )	<u>3</u>
	12
 <u>Senior Fitness Instructor 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
*GRNT 300 Intro to Gerontology	3
*GRNT 4—Gerontology Electives ( <i>two – choose from Approved list</i> )	6
*GRNT 462 Sociology of Aging ( <i>spring only</i> )	3
*GRNT 463 Psychology of Aging ( <i>Pre-req PSY 100, fall only</i> )	3
*GRNT 498 Professional Field Experience in Gerontology ( <i>Pre-req GRNT 300, summer only</i> )	3
HSCI 201 Intro to Sports Health and Wellness Promotion	3
*HSCI 280 Biomedical Aging: Myths and Realities ( <i>spring only</i> )	3
HSCI 462 Internship in Gerontology	10
HSCI 464 Program Planning and Implementation ( <i>Jr/Sr level, fall only</i> )	3
HSCI 467 Health Assessment ( <i>Pre-req BIOL 201, Jr/Sr level, spring only</i> )	3
HSCI 474 Aging, Physical Activity and Health ( <i>Pre-reqs HSCI 280, GRNT 300, Interim course, fall only</i> )	3
HSCI 495 Exercise Testing and Prescription ( <i>Pre-reqs BIOL 201, 202 &amp; 330, fall only</i> )	3
PSY 328 or PSY 362 Abnormal Psychology or Developmental Psychology ( <i>Pre-req PSY 100</i> )	<u>3</u>
	55

TOTAL PROGRAM CREDITS = 120

\*Indicates courses required for Gerontology minor

**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  
Senior Fitness Instructor Option**

<u>First Year</u>	<u>Credits</u>
BIOL 110 & 111 General Biology I & Lab ( <i>Pre-req HS CHEM or concurrent w/CHEM101, fall only</i> )	4
CHEM 101 Intro 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
Humanities Elective ( <i>see LAS list</i> )	3
	29
<u>Second Year</u>	
BIOL 201 Human Anatomy & Physiology I ( <i>fall only</i> )	4
HSCI 452 Health Teaching ( <i>Soph level, fall only</i> )	3
PES 101 Physics for Life Sciences I ( <i>Pre-req MATH 104, fall/summer</i> )	4
PSY 100 or SOC 111 General Psychology or Introduction to Sociology	4
BIOL 202 Human Anatomy & Physiology II ( <i>Pre-req BIOL 201, spring only</i> )	4
*HSCI 280 Biomedical Aging: Myths and Realities ( <i>spring only</i> )	3
HSCI 463 Culture and Health ( <i>Soph level, spring only</i> )	3
Humanities Elective ( <i>see LAS list</i> )	3
	28
<u>Third Year</u>	
BIOL 330 Exercise Physiology ( <i>Pre-reqs BIOL 201 &amp; 202, CHEM 101, fall only</i> )	3
*GRNT 300 Intro to Gerontology	3
*GRNT Elective ( <i>choose from Approved list</i> )	3
HSCI 206 Health Science Statistics ( <i>can be taken during Interim</i> )	3
HSCI 401 Health Science Research ( <i>Pre-req/Co-req HSCI 206, Jr/Sr level, fall only</i> )	3
BIOL 455 Biomechanics/Kinesiology ( <i>Pre-reqs BIOL 201, 202, PES 101, spring only</i> )	3
General Education Elective	1
*GRNT Elective ( <i>choose from Approved list</i> )	3
HSCI 467 Health Assessment ( <i>Pre-req BIOL 201, spring only</i> )	3
PSY 100 or SOC 111 General Psychology or Introduction to Sociology	4
*GRNT 498 Professional Field Experience in Gerontology ( <i>Pre-req GRNT 300, summer only</i> )	3
	32
<u>Fourth Year</u>	
*GRNT 463 Psychology of Aging ( <i>Pre-req Psy 100, fall only</i> )	3
HSCI 420 Health Behavior Change ( <i>Pre-reqs PSY 100, HSCI 463, fall only</i> )	3
HSCI 464 Program Planning and Implementation ( <i>Jr/Sr level, fall only</i> )	3
HSCI 474 Aging, Physical Activity & Health ( <i>Interim course, fall only</i> )	3
HSCI 495 Exercise Testing and Prescription ( <i>Pre-req BIOL 330, fall only</i> )	3
PSY 328 or PSY 362 Abnormal Psychology or Developmental Psychology	3
*GRNT 462 Sociology of Aging ( <i>spring only</i> )	3
HSCI 462 Internship in Gerontology	10
	31

**TOTAL PROGRAM CREDITS = 120**

\*Indicates courses required for Gerontology minor