



PROGRAM REQUIREMENTS - BACHELOR OF SCIENCE IN HEALTH CARE SCIENCE
Sports Conditioning and Training 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>2</u>
	25
 <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>
	30
 <u>Health Science Core Requirements</u>	
HSCI 401 Health Science Research (<i>Pre-req/Co-req HSCI 206, Jr/Sr level, fall & summer only</i>)	3
HSCI 420 Health Behavior Change (<i>fall & summer only</i>)	3
HSCI 452 Health Teaching	3
HSCI 463 Culture and Health (<i>Soph level, spring & summer only</i>)	<u>3</u>
	12
 <u>Sports Conditioning and Training Option Requirements</u>	
BIOL 330 Exercise Physiology (<i>Pre-reqs BIOL 201, 202, CHEM 101, fall only</i>)	3
BIOL 435 Human Anatomy (<i>Pre-reqs BIOL 201,202, CHEM 101, fall only</i>)	4
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 331 Applied Sports and Exercise Psychology (<i>Spring only</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>two courses within HSCI above300 level</i>)	6
HSCI 403 Sports Specific Training Principles & Techniques (<i>Pre-req BIOL 330, spring only</i>)	3
HSCI 405 Obesity and Weight Management (<i>HSCI 207, spring only</i>)	3
HSCI 461 Sports Injury and Prevention (<i>Pre-reqs BIOL 201 & 202, spring only</i>)	3
HSCI 462 Internship in Sports Health	10
HSCI 467 Health Assessment (<i>spring only</i>)	3
HSCI 495 Exercise Testing and Prescription (<i>Pre-reqs BIOL 201, 202, 330, fall only</i>)	<u>3</u>
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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
*Sport Conditioning and Training Option***

<u>First Year</u>	<u>Credits</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 (<i>spring only</i>)	3
PSY 100 General Psychology	4
	30
<u>Second Year</u>	
BIOL 201 Human Anatomy and Physiology I (<i>fall only</i>)	4
*HSCI 207 Nutrition for Health Science (<i>Pre-req CHEM 101, Interim course</i>)	3
PES 101 Physics for Life Sciences I (<i>Pre-req MATH 104, fall/summer</i>)	4
HSCI 452 Health Teaching (<i>Soph level</i>)	3
BIOL 202 Human Anatomy and Physiology II (<i>Pre-req BIOL 201, spring only</i>)	4
General Education Elective	3
*HSCI 206 Health Science Statistics (<i>Interim course</i>)	3
HSCI 463 Culture and Health (<i>Soph level, spring & summer only</i>)	3
SOC 111 Introduction to Sociology	4
	31
<u>Third Year</u>	
BIOL 330 Exercise Physiology (<i>Pre-reqs BIOL 201, 202, 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
Humanities Elective (<i>see LAS list</i>)	3
BIOL 455 Biomechanics/Kinesiology (<i>Pre-reqs BIOL 201, 202, PES 101, spring only</i>)	3
HSCI 331 Applied Sports and Exercise Psychology (<i>Spring only</i>)	3
HSCI 403 Sports Specific Training Principles & Techniques (<i>Pre-req BIOL 330, spring only</i>)	3
HSCI 405 Obesity and Weight Management (<i>HSCI 207, spring only</i>)	3
HSCI 467 Health Assessment (<i>spring only</i>)	3
	30
<u>Fourth Year</u>	
BIOL 435 Human Anatomy (<i>Pre-reqs BIOL 202, CHEM 101, fall only</i>)	4
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
HSCI 4—Health Science Elective (<i>any HSCI course above 300 level</i>)	3
Humanities Elective (<i>see LAS list</i>)	3
HSCI 461 Sports Injury and Prevention (<i>Pre-reqs BIOL 201 & 202, spring only</i>)	3
HSCI 462 Internship in Sports Health	10
	29

TOTAL PROGRAM CREDITS = 120