



### Minor Option in Sports Health and Wellness Promotion

The following department guidelines have been established for minor programs from the Health Care Science Department of Beth-El College of Nursing and Health Sciences at the University of Colorado at Colorado Springs.

1. A minimum of 20 credit hours with grades of C- or better must be taken in a minor area, including a minimum of nine upper-division credit hours. Additionally, a cumulative GPA of 2.0 must be obtained overall.
2. Minor requirements may not be taken pass/fail.
3. Students will be allowed no more than 9 credit hours of transfer credit towards a minor.
4. Course work applied towards a minor may also be applied towards general education requirements.
5. Pre-requisites may be required for some courses listed for the minor but the pre-requisite courses may not necessarily count toward minor hours.
6. A maximum of 30 non-LAS hours is allowed for any LAS major.
7. Please see the Nursing and Health Sciences advisor in the Student Success Center for any questions regarding the minor.

Choose from the following courses:

BIOL 330 Exercise Physiology ( <i>Pre-reqs BIOL 201, 202, fall only</i> )	3.0 credits
BIOL 455 Biomechanics/Kinesiology ( <i>Pre-reqs BIOL 201, 202, spring only</i> )	3.0 credits
HSCI 102 Personal Fitness and Wellness	3.0 credits
HSCI 207 Nutrition for Health Sciences ( <i>fall/spring</i> )	3.0 credits
HSCI 348 Sports for Special Populations ( <i>fall only</i> )	3.0 credits
HSCI 403 Sports Specific Training Principles ( <i>Pre-req BIOL 330, spring only</i> )	3.0 credits
HSCI 405 Obesity & Weight Mngemnt ( <i>Pre-req HSCI 207, spring only</i> )	3.0 credits
HSCI 452 Health Teaching ( <i>fall/summer only</i> )	3.0 credits
HSCI 459 Concepts of Health and Disease ( <i>Pre-reqs BIOL 201, 202, spring only</i> )	3.0 credits
HSCI 461 Sports Injury and Prevention ( <i>Pre-reqs BIOL 201, 202, spring/summer only</i> )	3.0 credits
HSCI 464 Program Planning and Implementation ( <i>Jr/Sr level, fall only</i> )	3.0 credits
HSCI 467 Health Assessment ( <i>Pre-req BIOL 201, Jr/Sr level, spring only</i> )	3.0 credits
HSCI 495 Exercise Testing and Prescription ( <i>Pre-reqs HSCI, 467, BIOL 201, 202, 330, fall only</i> )	3.0 credits