



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	4
SOC 111 Introduction to Sociology	4
General Education Elective	4
	27
 <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>)	4
	26
 <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>)	3
	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 (<i>spring only</i>)	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>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 & 330, fall only</i>)	3
PSY 328 or PSY 362 Abnormal Psychology or Developmental Psychology (<i>Pre-req PSY 100</i>)	3
	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 100 & 106 Biology in the Modern World and Lab	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	4
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
Humanities Elective (<i>see LAS list</i>)	<u>3</u>
	30
<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 General Psychology	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 & summer only</i>)	3
Humanities Elective (<i>see LAS list</i>)	<u>3</u>
	28
<u>Third Year</u>	
BIOL 330 Exercise Physiology (<i>Pre-reqs BIOL 201 & 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 & summer only</i>)	3
BIOL 455 Biomechanics/Kinesiology (<i>Pre-reqs BIOL 201, 202, PES 101, spring only</i>)	3
*GRNT Elective (<i>choose from Approved list</i>)	3
HSCI 467 Health Assessment (<i>spring only</i>)	3
SOC 111 Introduction to Sociology	4
*GRNT 498 Professional Field Experience in Gerontology (<i>Pre-req GRNT 300, summer only</i>)	<u>3</u>
	31
<u>Fourth Year</u>	
*GRNT 463 Psychology of Aging (<i>Pre-req Psy 100, fall only</i>)	3
HSCI 420 Health Behavior Change (<i>fall & summer 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	<u>10</u>
	31

TOTAL PROGRAM CREDITS = 120

*Indicates courses required for Gerontology minor