

BETH-EL COLLEGE OF
NURSING & HEALTH SCIENCES



UNIVERSITY OF COLORADO
AT COLORADO SPRINGS

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	3-4
SOC 111 Introduction to Sociology	3-4
General Education Electives	<u>6-9</u>
	30
 <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>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>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
BIOL 477 Human Metabolism (<i>Pre-req BIOL 330, 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 4—Health Science Electives (<i>three – see Advisor for approved list</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 & 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>
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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

Health and Wellness Promotion Option

<u>First Year</u>	<u>Credits</u>
BIOL 110 & 111 General Biology I & Lab (<i>Pre-req HS CHEM or concurrent w/CHEM 101, fall only</i>)	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
PSY 100 or SOC 111 General Psychology or Introduction to Sociology	<u>4</u>
	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, can be taken during Interim</i>)	3
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
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 only</i>)	3
PSY 100 or SOC 111 General Psychology or Introduction to Sociology	<u>4</u>
	31
<u>Third Year</u>	
BIOL 330 Exercise Physiology (<i>Pre-reqs BIOL 201, 202, CHEM 101, fall only</i>)	3
HSCI 4—Health Science Elective (<i>see Advisor for approved list</i>)	3
HSCI 401 Health Science Research (<i>Pre-req/Co-req HSCI 206, Jr/Sr level, fall only</i>)	3
HSCI 464 Program Planning and Implementation (<i>Jr/Sr level, fall 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
BIOL 477 Human Metabolism (<i>Pre-req BIOL 330, spring only</i>)	3
HSCI 4—Health Science Elective (<i>see Advisor for approved list</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>)	<u>3</u>
	30
<u>Fourth Year</u>	
General Education Electives	4
HSCI 4—Health Science Elective (<i>see Advisor for approved list</i>)	3
HSCI 420 Health Behavior Change (<i>fall 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 & 202, spring only</i>)	3
HSCI 462 Internship in Sports Health	<u>10</u>
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TOTAL PROGRAM CREDITS = 120



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	3-4
SOC 111 Introduction to Sociology	3-4
General Education Electives	<u>6-8</u>
	29
 <u>Health Science Prerequisites</u>	
BIOL 110/111 General Biology I and Lab (<i>Pre-req HS CHEM or concurrent w/CHEM 101, 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>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>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 110/111, CHEM 101, fall only</i>)	4
BIOL 455 Biomechanics/Kinesiology (<i>Pre-reqs BIOL 201, 202, PES 101, spring only</i>)	3
BIOL 477 Human Metabolism (<i>Pre-req BIOL 330, 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 4—Health Science Electives (<i>two – see Advisor for approved list</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>)	3
PSY 348 Sports Psychology or SOC 330 Sociology of Sport	<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 110 & 111 General Biology I & Lab (<i>Pre-req HS CHEM or concurrent w/CHEM 101, fall only</i>)	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
PSY 100 or SOC 111 General Psychology or Intro to Sociology	<u>4</u>
	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, can be taken during Interim</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, fall only</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 only</i>)	3
PSY 100 or SOC 111 General Psychology or Introduction to Sociology	<u>4</u>
	31
<u>Third Year</u>	
BIOL 330 Exercise Physiology (<i>Pre-reqs BIOL 201, 202, CHEM 101, fall only</i>)	3
HSCI 4—Health Science Elective (<i>see Advisor for approved list</i>)	3
HSCI 401 Health Science Research (<i>Pre-req/Co-req HSCI 206, Jr/Sr Level, fall only</i>)	3
Humanities Elective (<i>see LAS list</i>)	3
PSY 348 Sports Psychology or SOC 330 Sociology of Sport	3
BIOL 455 Biomechanics/Kinesiology (<i>Pre-reqs BIOL 201, 202, PES 101, spring only</i>)	3
BIOL 477 Human Metabolism (<i>Pre-req BIOL 330, 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>)	<u>3</u>
	30
<u>Fourth Year</u>	
BIOL 435 Human Anatomy (<i>Pre-reqs BIOL 110/111, CHEM 101, fall only</i>)	4
HSCI 420 Health Behavior Change (<i>fall 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>see Advisor for approved list</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	<u>10</u>
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TOTAL PROGRAM CREDITS = 120

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UNIVERSITY OF COLORADO
AT COLORADO SPRINGS

PROGRAM REQUIREMENTS - BACHELOR OF SCIENCE IN HEALTH CARE SCIENCE
Pre-Professional 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
PSY 100 General Psychology	3-4
PSY 210 Intro to Psychology Statistics	4
SOC 111 Introduction to Sociology	3-4
General Education Elective	<u>3-5</u>
	27
 <u>Health Science Prerequisites</u>	
BIOL 110/111 General Biology I and Lab (<i>Pre-req HS CHEM, fall only</i>)	4
CHEM 103 & 106 General Chemistry I & II (<i>Pre-reqs 1 yr HS CHEM & 2yrs HS Math</i>)	10
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, 115, 102, 215 Physics for Life Sciences I & II plus labs (<i>Pre-req MATH 104</i>)	<u>10</u>
	30
 <u>Health Science Core Requirements</u>	
HSCI 401 Health Science Research (<i>Pre-req PSY 210, Jr/Sr level, fall only</i>)	3
HSCI 420 Health Behavior Change (<i>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>Pre-Professional Track Option Requirements</u>	
BIOL 321 Human Physiology (<i>Pre-reqs BIOL 110/111, CHEM 103, spring only</i>)	4
BIOL 330 Exercise Physiology (<i>Pre-reqs BIOL 321, 435, CHEM 103, fall only</i>)	3
BIOL 435 Human Anatomy (<i>Pre-reqs BIOL 110/111, CHEM 103, fall only</i>)	4
BIOL 455 Biomechanics/Kinesiology (<i>Pre-reqs BIOL 321, 435, PES 101, spring only</i>)	3
CHEM 330 Organic Chemistry (<i>Pre-req CHEM 106 w/C or better grade, Highly Recommended, fall only</i>)	3
CHEM 483 General Biochemistry (<i>Pre-req CHEM 330, Highly Recommended, fall/spring</i>)	3
HSCI 201 Intro to Sports Health and Wellness Promotion	3
HSCI 207 Nutrition for Health Science (<i>Pre-req CHEM 103, can be taken during Interim</i>)	3
HSCI 4—Health Science Elective (<i>see Advisor for approved list</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 321 & 435, spring only</i>)	3
HSCI 462 Internship in Sports Health	4
HSCI 467 Health Assessment (<i>spring only</i>)	3
HSCI 495 Exercise Testing and Prescription (<i>Pre-reqs BIOL 321,330,435, fall only</i>)	3
PSY 328 Abnormal Psychology (<i>Pre-req PSY 100, Highly Recommended</i>)	3
PSY 362 Developmental Psychology (<i>Pre-req PSY 100, Highly Recommended</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
*Pre-Professional Option***

<u>First Year</u>	<u>Credits</u>
BIOL 110 & 111 General Biology I & Lab (<i>Pre-req HS CHEM, fall only</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
PSY 100 General Psychology	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	3
Humanities Elective (<i>see LAS list</i>)	3
	29
<u>Second Year</u>	
CHEM 103 General Chemistry I (<i>Pre-req 1 yr HS CHEM & 2 yrs HS MATH</i>)	5
PES 101/115 Physics for Life Sciences I plus lab (<i>Pre-req MATH 104, fall/summer</i>)	5
PSY 210 Intro to Psych Statistics (<i>Pre-reqs PSY 100 & MATH 104</i>)	4
CHEM 106 General Chemistry II (<i>Pre-req CHEM 103 w/grade of C or better</i>)	5
HSCI 207 Nutrition for Health Science (<i>Pre-req CHEM 103, Interim course</i>)	3
PES 102/215 Physics for Life Sciences II plus lab (<i>Pre-req PES 101, spring only</i>)	5
SOC 111 Intro to Sociology	4
	31
<u>Third Year</u>	
BIOL 435 Human Anatomy (<i>Pre-req BIOL 110/111, CHEM 103, fall only</i>)	4
CHEM 330 Organic Chemistry (<i>Pre-req CHEM 106 w/C or better grade, Highly Recommended, fall only</i>)	3
HSCI 4—Health Science Elective (<i>see Advisor for approved list</i>)	3
HSCI 401 Health Science Research (<i>Pre-req PSY 210, Jr/Sr level, fall only</i>)	3
HSCI 452 Health Teaching (<i>Soph level, fall only</i>)	3
BIOL 321 Human Physiology (<i>Pre-req BIOL 110/111, CHEM 103, spring only</i>)	4
BIOL 483 Biochemistry Principles (<i>Pre-req CHEM 330, Highly Recommended, fall/spring</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 only</i>)	3
HSCI 467 Health Assessment (<i>spring only</i>)	3
	32
<u>Fourth Year</u>	
BIOL 330 Exercise Physiology (<i>Pre-reqs BIOL 321 & 435, CHEM 103, fall only</i>)	3
HSCI 420 Health Behavior Change (<i>fall only</i>)	3
HSCI 495 Exercise Testing and Prescription (<i>Pre-reqs BIOL 321, 435, Co-req BIOL 330, fall only</i>)	3
Humanities Elective (<i>see LAS list</i>)	3
PSY 362 Developmental Psychology (<i>Pre-req PSY 100, Highly Recommended</i>)	3
BIOL 455 Biomechanics/Kinesiology (<i>Pre-reqs BIOL 321, 435, PES 101, spring only</i>)	3
HSCI 461 Sports Injury and Prevention (<i>Pre-reqs BIOL 321 & 435, spring only</i>)	3
HSCI 462 Internship in Sports Health	4
PSY 328 Abnormal Psychology (<i>Pre-req PSY 100, Highly Recommended</i>)	3
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TOTAL PROGRAM CREDITS = 120

BETH-EL COLLEGE OF
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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>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>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>)	<u>3</u>
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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>)	<u>3</u>
	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>)	<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 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>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>)	<u>3</u>
	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>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	<u>10</u>
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TOTAL PROGRAM CREDITS = 120

*Indicates courses required for Gerontology minor

