



## B.S. Exercise Science

A joint degree program between the departments of Biology and Health Sciences

### Academic Advising Hours:

**Location:** Main Hall 208

**Hours:** Monday: 9am-5pm Walk-in Advising  
Tuesday–Friday: 9am-4pm Appointments Only  
Call: (719) 255-3260

**Website:** [www.uccs.edu/advising](http://www.uccs.edu/advising)

### General Academic Information

#### Academic Policies

It is the responsibility of each student to know and follow all Academic policies established by the University and the Beth-El College of Nursing & Health Sciences that are set forth in the Catalog ([catalog.uccs.edu](http://catalog.uccs.edu)) and the Beth-El Student Handbook (<http://www.uccs.edu/~bethel/studenthandbooks.htm>).

#### Background Checks/ Risk Waivers

All Health Science students completing a practicum or internship are required to complete a criminal background check. Students enrolled in courses involving an activity component are required to complete the UCCS Risk Waiver prior to participating in any activity.

#### Probation/Suspension

Students may be placed on academic probation if their CU GPA falls below 2.0 or if they receive a grade below a C- in any required Health Science courses for the first time. They may continue with required courses unless the course/courses in which they received a grade below a C- are prerequisites for upcoming courses. In that case, the course/courses in which they received a grade below a C- must be repeated prior to progressing. Students may remain on academic probation for a maximum of three semesters with a GPA under 2.0. If, by the end of their third semester of probation, their CU GPA has not been raised to 2.0 or better, they will be subject to suspension from the College. Two required Health Science courses with a grade of C- or below will result in dismissal from the College. Students may petition in writing to the Department Chair for re-admission to the College within 30 calendar days. Dismissal from the Health Science Program does not imply dismissal from the University of Colorado.

- A minimum of 120 hours must be completed with a cumulative CU grade point average of 2.0.
- 30 hours of the degree must be completed while registered in the Beth-El College of Nursing & Health Sciences at UCCS.
- Courses numbered below 1000 do not count towards degree completion.

#### Compass Curriculum

Compass Curriculum is the campus-wide general education program at UCCS. The Compass Curriculum has multiple components many of which will coincide with the degree requirements listed in this guide. Please visit the Compass Curriculum website at [www.uccs.edu/compasscurriculum](http://www.uccs.edu/compasscurriculum), review your degree audit, or check out the Compass Curriculum advising guide for specific course details. The required components are listed below and referenced in the guide.

#### REQUIRED COMPASS CURRICULUM COMPONENTS:

| Component   | Course                 |
|---|------------------------|
| <b>Gateway</b>  | GPS 1010               |
| <b>Explore<sup>1</sup></b> – Arts, Humanities and Cultures  | See Degree Audit       |
| <b>Explore<sup>1</sup></b> – Society, Behavior and Health   | PSY 1000               |
| <b>Explore<sup>1</sup></b> – Physical and Natural World   | CHEM 1401/1402         |
| <b>Navigate</b>   | HSCI 3630              |
| <b>Summit</b>   | HSCI 4950              |
| <b>Writing Intensive Course (WIC)<sup>2</sup></b><br><i>Two courses with at least one upper-division (3000+ level).</i> | HSCI 4670<br>HSCI 4950 |
| <b>Inclusiveness<sup>2</sup></b>  | HSCI 3630              |
| <b>Sustainability<sup>2</sup></b>   | See Degree Audit       |

<sup>1</sup> Explore must be outside major requirements.

<sup>2</sup> Can count towards other requirements within the Compass Curriculum or within a student's degree program.



## DEPARTMENT OF HEALTH SCIENCES—BS Exercise Science

Department website: [www.uccs.edu/~bethel/](http://www.uccs.edu/~bethel/)

| Degree Requirements  | Courses                                     |  |                             |
|--|---|--|-----------------------------|
|  | Course Number                               | Course Title   | Credit Hours                |
| <b>General Education and Compass Curriculum Requirements</b><br>(15 hours)                                 | GPS 1010                                    | Gateway Seminar Experience   | 3                           |
|  | ENGL 1310                                   | Rhetoric & Writing I   | 3                           |
|  | ENGL 1410                                   | Rhetoric & Writing II  | 3                           |
|  | Explore Elective                            | Choose one course from the Explore - Arts, Humanities & Cultures course list                       | 3                           |
|  | HSCI 3630                                   | Culture and Health   | 3                           |
|  | Sustainability                              | Choose one course from the Sustainability course list  | 0(3)*                       |
|  | PORT 3000                                   | Writing Portfolio Assessment   | 0                           |
| <b>Exercise Science Requirements</b><br>(50 hours)<br><br>All courses must have a grade of "C-" or better. | BIOL 1300/1310                              | General Biology: Organismic Biology and Lab  | 4                           |
|  | BIOL 1350/1360                              | General Biology: Introduction to the Cell and Lab  | 4                           |
|  | BIOL 2010                                   | Human Anatomy and Physiology I   | 4                           |
|  | BIOL 2020                                   | Human Anatomy and Physiology II  | 4                           |
|  | BIOL 3300                                   | Exercise Physiology  | 3                           |
|  | BIOL 4550                                   | Biomechanics/Kinesiology   | 3                           |
|  | HSCI 2060                                   | Health Science Statistics  | 3                           |
|  | HSCI 2070<br>OR<br>BIOL 2050                | Nutrition for Health Professionals<br><br>Nutrition for Health Sciences                            | 3                           |
|  | HSCI 3201                                   | Health Behavior Change   | 3                           |
|  | HSCI 4670                                   | Health Assessment  | 3                           |
|  | HSCI 4950                                   | Exercise Testing and Prescription  | 4                           |
|  | Upper-Division BIOL Electives               | <i>Complete six hours of 3000+ level Biology Electives (excluding botany and ecology courses).</i> | 6                           |
|  | HSCI Electives                              | <i>Complete six hours of Health Science Electives.</i>   | 6                           |
|  | <b>Auxiliary Requirements</b><br>(27 hours) | CHEM 1401/1402   | General Chemistry I and Lab |
| CHEM 1411/1412   |   | General Chemistry II and Lab   | 5                           |
| PES 1010/1150  |   | Physics for Life Science I and Lab   | 5                           |
| PES 1020/2150  |   | Physics for Life Science II and Lab  | 5                           |
| MATH 1050  |   | Elementary Functions of Calculus   | 4                           |
| PSY 1000   |   | General Psychology   | 3                           |
| <b>General Electives</b><br>(28 hours)   |   |  |                             |
|  |   |  |                             |
|  |   |  |                             |
|  |   |  |                             |
|  |   |  |                             |
|  |   |  |                             |

\* The Sustainability course can be double counted with major electives or general electives and does not require additional hours.



## Four-Year Degree Plan – BS Exercise Science

The following four-year plan lists all the specific course requirements for the Bachelor of Science in Exercise Science degree at UCCS. The order in which these courses are taken may vary with course availability. **Students are responsible for completing all course prerequisites.** Please note that this is a *suggested* degree program; your program may vary.

### Suggested First Year

| FALL |                |              | SPRING |                  |              |
|------|----------------|--------------|--------|------------------|--------------|
| √    | Course         | Hours        | √      | Course           | Hours        |
|      | ENGL 1310      | 3            |        | ENGL 1410        | 3            |
|      | BIOL 1300/1310 | 4            |        | BIOL 1350/1360   | 4            |
|      | GPS 1010       | 3            |        | CHEM 1411/1412   | 5            |
|      | CHEM 1401/1402 | 5            |        | General Elective | 3            |
|      |                | <b>TOTAL</b> |        |                  | <b>TOTAL</b> |
|      |                | 15           |        |                  | 15           |

### Suggested Second Year

| FALL |  |              | SPRING |                  |              |
|------|--|--------------|--------|------------------|--------------|
| √    | Course                                       | Hours        | √      | Course           | Hours        |
|      | PES 1010/1150                                | 5            |        | PES 1020/2150    | 5            |
|      | MATH 1050                                    | 4            |        | PSY 1000         | 3            |
|      | BIOL 2010                                    | 4            |        | BIOL 2020        | 4            |
|      | Explore – Arts, Humanities & Cultures Course | 3            |        | General Elective | 3            |
|      |  | <b>TOTAL</b> |        |                  | <b>TOTAL</b> |
|      |  | 16           |        |                  | 15           |

### Suggested Third Year

| FALL |                        |              | SPRING |                                   |              |
|------|------------------------|--------------|--------|-----------------------------------|--------------|
| √    | Course                 | Hours        | √      | Course                            | Hours        |
|      | BIOL 3300              | 3            |        | BIOL 4550                         | 3            |
|      | HSCI 2060              | 3            |        | HSCI 3201                         | 3            |
|      | HSCI 2070 or BIOL 2050 | 3            |        | HSCI 3630                         | 3            |
|      | General Elective       | 3            |        | Upper-Division (UD) BIOL Elective | 3            |
|      | General Elective       | 3            |        | General Elective                  | 3            |
|      |                        | <b>TOTAL</b> |        |                                   | <b>TOTAL</b> |
|      |                        | 15           |        |                                   | 15           |

### Suggested Fourth Year

| FALL |                  |              | SPRING |                  |              |
|------|------------------|--------------|--------|------------------|--------------|
| √    | Course           | Hours        | √      | Course           | Hours        |
|      | HSCI 4670        | 3            |        | HSCI 4950        | 4            |
|      | HSCI Elective    | 3            |        | UD BIOL Elective | 3            |
|      | General Elective | 3            |        | HSCI Elective    | 3            |
|      | General Elective | 4            |        | General Elective | 3            |
|      |                  |              |        | General Elective | 3            |
|      |                  | <b>TOTAL</b> |        |                  | <b>TOTAL</b> |
|      |                  | 13           |        |                  | 16           |