



Beth-El College of  
Nursing & Health Sciences

UNIVERSITY OF COLORADO 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 1310 & 1410 Rhetoric and Writing I & II ( <i>Complete Competency Exam after ENGL 1410</i> )	6
HSCI 2060 Health Science Statistics ( <i>Can Sub w/PSY 2100</i> )	3
Humanities Electives ( <i>two--see LAS list</i> )	6
PSY 1000 General Psychology	3
SOC 1110 Introduction to Sociology	4
General Education Electives	<u>8</u>
	31
 <u>Health Science Prerequisites</u>	
BIOL 1000 & 1060 Biology in the Modern World and Lab	4
BIOL 2010 & 2020 Human Anatomy and Physiology I & II	8
CHEM 1010 Introduction to Chemistry I ( <i>Pre-req high school algebra</i> )	4
HSCI 1020 Personal Fitness and Wellness	3
MATH 1040 College Algebra or higher math class ( <i>Pre-req score 12+ on Algebra Diagnostic Exam</i> )	3
PES 1010 Physics for Life Sciences I ( <i>Pre-req MATH 1040, fall/summer</i> )	<u>4</u>
	26
 <u>Health Science Core Requirements</u>	
HSCI 3201 Health Behavior Change ( <i>Soph level</i> )	3
HSCI 3520 Health Communication ( <i>pre-req HSCI 3201</i> )	3
HSCI 3630 Culture and Health ( <i>pre-req HSCI 3201, pre or co-req HSCI 3520 or instructor consent</i> )	3
HSCI 4010 Health Science Research ( <i>Pre-req HSCI 2060 or PSY 2100, 3630</i> )	<u>3</u>
	12
 <u>Health and Wellness Promotion Option Requirements</u>	
BIOL 3300 Exercise Physiology ( <i>Pre-reqs BIOL 2010, 2020, fall only</i> )	3
HSCI 2010 Intro to Health Science Professions	3
HSCI 2070 Nutrition for Health Professionals ( <i>Pre-req CHEM 1010, can be taken during Interim</i> )	3
HSCI 3000+ Health Science Electives ( <i>three courses within HSCI 3000 and above</i> )	9
HSCI 4050 Obesity and Weight Management ( <i>HSCI 2070, spring only</i> )	3
HSCI 4590 Concepts of Health and Disease ( <i>Soph level, spring only</i> )	3
HSCI 4620 Internship in Health Sciences	9
HSCI 4640 Program Planning ( <i>Jr/Sr level, fall only</i> )	3
HSCI 4830 Intervention Methods and Strategies	3
HSCI 4840 Program Evaluation ( <i>Pre-reqs HSCI 4640, pre or co-req HSCI 4830</i> )	3
HSCI 4670 Health Assessment ( <i>Jr/Sr level, spring only</i> )	3
HSCI 4950 Exercise Testing and Prescription ( <i>Pre-reqs 4670, Adult CPR, fall and spring only</i> )	4
HSCI 4580 Physical Activity and Public Health	<u>3</u>
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**TOTAL PROGRAM CREDITS = 120**

**UNIVERSITY OF COLORADO 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><b>First Year</b></u>	<u><b>Credits</b></u>
BIOL 1000 & 1060 Biology in Modern World and Lab	4
CHEM 1010 Introduction to Chemistry I ( <i>Pre-req high school algebra</i> )	4
ENGL 1310 Rhetoric and Writing I ( <i>Pre-req ACT English score 19 or SAT Verbal 450</i> )	3
General Education Elective ( <i>Freshmen Seminar</i> )	3
ENGL 1410 Rhetoric and Writing II ( <i>Pre-req ENGL 131 or 29+ on ACT English or 650+ SAT Verbal</i> )	3
MATH 1040 College Algebra ( <i>Pre-req score 12+ on Algebra Diagnostic Exam</i> )	3
HSCI 1020 Personal Fitness and Wellness	3
HSCI 2010 Intro to Health Science Professions	3
SOC 1110 Introduction to Sociology	4
	30
<u><b>Second Year</b></u>	
BIOL 2010 Human Anatomy and Physiology I ( <i>fall only</i> )	4
HSCI 2070 Nutrition for Health Professionals ( <i>Pre-req CHEM 1010, can be taken during Interim</i> )	3
PES 1010 Physics for Life Sciences I ( <i>Pre-req MATH 1040, fall/summer</i> )	4
Humanities Elective ( <i>see LAS list</i> )	3
General Education Elective	3
BIOL 2020 Human Anatomy and Physiology II ( <i>Pre-req BIOL 2010, spring only</i> )	4
HSCI 2060 Health Science Statistics ( <i>Interim course</i> )	3
HSCI 4590 Concepts of Health and Disease	3
HSCI 3000+ Health Science Elective ( <i>any HSCI course above 3000 level</i> )	3
PSY 1000 General Psychology	3
	33
<u><b>Third Year</b></u>	
BIOL 3300 Exercise Physiology ( <i>Pre-reqs BIOL 2010, 2020, fall only</i> )	3
HSCI 3201 Health Behavior Change ( <i>Soph level</i> )	3
HSCI 4580 Physical Activity and Public Health	3
HSCI 4640 Program Planning ( <i>Jr/Sr level, fall only</i> )	3
HSCI 4830 Intervention Methods and Strategies in Health	3
HSCI 3520 Health Communication ( <i>pre-req HSCI 3201</i> )	3
HSCI 3000+ Health Science Elective ( <i>any HSCI course above 3000 level</i> )	3
HSCI 4050 Obesity and Weight Management ( <i>HSCI 2070, spring only</i> )	3
HSCI 4670 Health Assessment ( <i>Jr/Sr level, spring only</i> )	3
HSCI 4840 Program Evaluation ( <i>Pre-reqs HSCI 4640, pre or co-req HSCI 4830</i> )	3
	30
<u><b>Fourth Year</b></u>	
General Education Elective	2
HSCI 3000+ Health Science Elective ( <i>any HSCI course above 3000 level</i> )	3
HSCI 3630 Culture and Health ( <i>pre-req HSCI 3201, pre or co-req HSCI 3520 or instructor consent</i> )	3
HSCI 4950 Exercise Testing and Prescription ( <i>Pre-reqs 4670, Adult CPR, fall and spring only</i> )	4
Humanities Elective ( <i>see LAS list</i> )	3
HSCI 4010 Health Science Research ( <i>Pre-req HSCI 2060 or PSY 2100, 3630</i> )	3
HSCI 4620 Internship in Health Sciences	9
	27

**TOTAL PROGRAM CREDITS = 120**