



# Beth-El College of Nursing & Health Sciences

UNIVERSITY OF COLORADO **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 1310 & 1410 Rhetoric and Writing I & II ( <i>Complete Competency Exam after ENGL 1410</i> )	6
Humanities Electives ( <i>two courses from the approved LAS list</i> )	6
HSCI 2060 Health Science Statistics ( <i>Can Sub w/PSY 2100</i> )	3
PSY 1000 General Psychology	3
SOC 1110 Introduction to Sociology	4
General Education Elective	4
	<u>26</u>
<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> )	4
	<u>26</u>
<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 consent of instructor</i> )	3
HSCI 4010 Health Science Research ( <i>Pre-req HSCI 2060 or PSY 2100, 3630</i> )	3
	<u>12</u>
<u>Senior Fitness Instructor Option Requirements</u>	
BIOL 3300 Exercise Physiology ( <i>Pre-reqs BIOL 2010, 2020, fall only</i> )	3
BIOL 4550 Biomechanics/Kinesiology ( <i>Pre-reqs BIOL 2010, 2020, spring only</i> )	3
*GRNT 3000 Intro to Gerontology	3
*GRNT 3000+ Gerontology Electives ( <i>two courses from the Approved list</i> )	6
*GRNT 4620 Sociology of Aging ( <i>spring only</i> )	3
*GRNT 4630 Psychology of Aging ( <i>Pre-req PSY 1000, fall only</i> )	3
*GRNT 4980 Professional Field Experience in Gerontology ( <i>Pre-req GRNT 3000, summer only</i> )	3
HSCI 1xxx Activity Elective	1
HSCI 2010 Intro to Health Science Professions	3
*HSCI 2800 Biomedical Aging: Myths and Realities ( <i>spring only</i> )	3
HSCI 4620 Internship in Health Sciences ( <i>Pre-req HSCI 3520</i> )	9
HSCI 4640 Program Planning ( <i>Jr/Sr level, fall only</i> )	3
HSCI 4670 Health Assessment ( <i>Jr/Sr level, spring only</i> )	3
HSCI 4740 Aging, Physical Activity and Health ( <i>Pre-reqs HSCI 2800, GRNT 3000, Interim course, fall only</i> )	3
HSCI 4950 Exercise Testing and Prescription ( <i>Pre-reqs BIOL 2010, 2020 &amp; 3300, fall only</i> )	4
PSY 3280 or PSY 3620 Abnormal Psychology or Developmental Psychology ( <i>Pre-req PSY 1000</i> )	3
	<u>56</u>

\*Indicates courses required for Gerontology minor

**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  
Senior Fitness Instructor Option**

<u>First Year</u>	<u>Credits</u>
BIOL 1000 & 1060 Biology in the Modern World and Lab	4
CHEM 1010 Intro 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	4
ENGL 1410 Rhetoric and Writing II ( <i>Pre-req ENGL 1310 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
Humanities Elective ( <i>see LAS list</i> )	<u>3</u>
	30
<u>Second Year</u>	
BIOL 2010 Human Anatomy & Physiology I ( <i>fall only</i> )	4
HSCI 3201 Health Behavior Change ( <i>Soph level</i> )	3
PES 1010 Physics for Life Sciences I ( <i>Pre-req MATH 1040, fall/summer</i> )	4
PSY 1000 General Psychology	3
BIOL 2020 Human Anatomy & Physiology II ( <i>Pre-req BIOL 2010, spring only</i> )	4
*HSCI 2800 Biomedical Aging: Myths and Realities ( <i>spring only</i> )	3
HSCI 3520 Health Communication ( <i>pre-req HSCI 3201</i> )	3
HSCI 1XXX Activity Elective	1
Humanities Elective ( <i>see LAS list</i> )	<u>3</u>
	28
<u>Third Year</u>	
BIOL 3300 Exercise Physiology ( <i>Pre-reqs BIOL 2010, 2020, fall only</i> )	3
*GRNT 3000 Intro to Gerontology	3
*GRNT 3000+ Elective ( <i>choose from Approved list</i> )	3
HSCI 2060 Health Science Statistics ( <i>can be taken during Interim</i> )	3
HSCI 3630 Culture and Health ( <i>pre-req HSCI 3201, pre or co-req HSCI 3520 or consent of instructor</i> )	3
BIOL 4550 Biomechanics/Kinesiology ( <i>Pre-reqs BIOL 2010, 2020, spring only</i> )	3
*GRNT 3000+ Elective ( <i>choose from Approved list</i> )	3
HSCI 4670 Health Assessment ( <i>spring only</i> )	3
SOC 1110 Introduction to Sociology	4
*GRNT 4980 Professional Field Experience in Gerontology ( <i>Pre-req GRNT 3000, summer only</i> )	<u>3</u>
	31
<u>Fourth Year</u>	
*GRNT 4630 Psychology of Aging ( <i>Pre-req Psy 1000, fall only</i> )	3
HSCI 4010 Health Science Research ( <i>Pre-req HSCI 2060 or PSY 2100, 3630</i> )	3
HSCI 4640 Program Planning ( <i>Jr/Sr level, fall only</i> )	3
HSCI 4740 Aging, Physical Activity & Health ( <i>Interim course, fall only</i> )	3
HSCI 4950 Exercise Testing and Prescription ( <i>Pre-req BIOL 3300, fall only</i> )	4
PSY 3280 or PSY 3620 Abnormal Psychology or Developmental Psychology ( <i>Pre-req Psy 1000</i> )	3
*GRNT 4620 Sociology of Aging ( <i>spring only</i> )	3
HSCI 4620 Internship in Health Sciences ( <i>Pre-req HSCI 3520</i> )	<u>9</u>
	31

\*Indicates courses required for Gerontology minor

**TOTAL PROGRAM CREDITS = 120**