



**PROGRAM REQUIREMENTS - BACHELOR OF SCIENCE IN HEALTH CARE SCIENCE**  
*Strength and Conditioning 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>6</u>
	28
 <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	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>Sports Conditioning and Training 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
HSCI 1110 Weight Training	2
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 3310 Applied Sports and Exercise Psychology ( <i>spring only</i> )	3
HSCI 3320 Group Exercise	3
HSCI 3330 Sports Nutrition ( <i>Pre-reqs HSCI 1060 or HSCI 2070, BIOL2010, fall only</i> )	3
HSCI 3480 Exercise Considerations for Special Populations ( <i>Pre-req HSCI 4030</i> )	3
HSCI 3000+ Health Science Electives ( <i>any HSCI course 3000 level or above</i> )	3
HSCI 4030 Sports Specific Training Principles & Techniques ( <i>Pre-req BIOL 3300, fall only</i> )	3
HSCI 4050 Obesity and Weight Management ( <i>HSCI 2070, spring only</i> )	3
HSCI 4610 Sports Injury and Prevention ( <i>Pre-reqs BIOL 2010 &amp; 2020, spring &amp; summer only</i> )	3
HSCI 4620 Internship in Health Sciences	9
HSCI 4670 Health Assessment ( <i>fall and spring only</i> )	3
HSCI 4950 Exercise Testing and Prescription ( <i>Pre-reqs 4670, Adult CPR, fall and spring only</i> )	<u>4</u>
	54

**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  
*Strength and Conditioning Option***

		<u>Credits</u>
<b><u>First Year</u></b>		
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
HSCI	1020 Personal Fitness and Wellness	3
General Education Elective		3
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	3
HSCI	2010 Intro to Health Science Professions	3
PSY	1000 General Psychology	3
		<u>3</u>
		29
<b><u>Second Year</u></b>		
BIOL	2010 Human Anatomy and Physiology I ( <i>fall only</i> )	4
PES	1010 Physics for Life Sciences I ( <i>Pre-req MATH 1040, fall/summer</i> )	4
HSCI	1110 Weight Training	2
HSCI	2070 Nutrition for Health Professionals ( <i>Pre-req CHEM 1010, Interim course</i> )	3
HSCI	3201 Health Behavior Change ( <i>Soph level</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	3
HSCI	3520 Health Communication ( <i>pre-req HSCI 3201</i> )	3
SOC	1110 Introduction to Sociology	4
		<u>4</u>
		33
<b><u>Third Year</u></b>		
Humanities Elective ( <i>see LAS list</i> )		3
BIOL	3300 Exercise Physiology ( <i>Pre-reqs BIOL 2010, 2020, fall only</i> )	3
HSCI	3330 Sports Nutrition ( <i>Pre-reqs HSCI 1060 or HSCI 2070, BIOL2010, fall only</i> )	3
HSCI	3000+ Health Science Elective ( <i>any HSCI course 3000 level or above</i> )	3
HSCI	3630 Culture and Health ( <i>pre-req HSCI 3201, pre or co-req HSCI 3520 or instructor consent</i> )	3
BIOL	4550 Biomechanics/Kinesiology ( <i>Pre-reqs BIOL 2010, 2020, spring only</i> )	3
HSCI	3310 Applied Sports and Exercise Psychology ( <i>Spring only</i> )	3
HSCI	4050 Obesity and Weight Management ( <i>HSCI 2070, spring only</i> )	3
HSCI	4670 Health Assessment ( <i>fall and spring only</i> )	3
HSCI	4010 Health Science Research ( <i>Pre-req HSCI 2060 or PSY 2100, 3630</i> )	3
		<u>3</u>
		30
<b><u>Fourth Year</u></b>		
Humanities Elective ( <i>see LAS list</i> )		3
HSCI	3320 Group Exercise	3
HSCI	4950 Exercise Testing and Prescription ( <i>Pre-reqs HSCI 4670, Adult CPR, fall and spring only</i> )	4
HSCI	4030 Sports Specific Training Principles & Techniques ( <i>Pre-req BIOL 3300, fall only</i> )	3
HSCI	3480 Exercise Considerations for Special Populations ( <i>Pre-req HSCI 4030</i> )	3
HSCI	4610 Sports Injury and Prevention ( <i>Pre-reqs BIOL 2010 &amp; 2020, spring &amp; summer only</i> )	3
HSCI	4620 Internship in Health Sciences ( <i>Pre-reqs Jr. level, HSCI 4520</i> )	9
		<u>9</u>
		28

**TOTAL PROGRAM CREDITS = 120**