

## Beth-El College of Nursing & Health Sciences – B.S. Health Care Science Strength & Conditioning Option

### Contact Information:

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### Student Success Center Advising Hours:

Monday: 9am-5pm Walk-in Advising  
Tuesday–Friday: 9am-4pm Appointments Only

To schedule an appointment, call 719-255-3260. The Student Success Center is located in Main Hall 208.

### 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

Health Sciences 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 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. 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 failures of any required health science core and/or specialty courses of two credits or greater 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.

PLEASE NOTE: While on probation, registration for the subsequent semester will be blocked until final grades are posted for the current semester. This is to verify that the minimum semester GPA for each student has been fulfilled.

#### 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 List
<b>Explore<sup>1</sup></b> – Society, Behavior and Health	PSY 1000
<b>Explore<sup>1</sup></b> – Physical and Natural World	BIOL 1350
<b>Navigate</b>	HSCI 3630
<b>Summit</b>	HSCI 4950
<b>Writing Intensive Course (WIC)<sup>2</sup></b> <i>Two courses with at least one upper-division (3000+ level).</i>	HSCI 4010 HSCI 4670
<b>Inclusiveness<sup>2</sup></b>	HSCI 3630
<b>Sustainability<sup>2</sup></b>	See List

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

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



# DEPARTMENT OF HEALTH SCIENCES—Strength & Conditioning Option

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

Degree Requirements	Courses		
	Course Number	Course Title	Credit Hours
<b>General Education Requirements</b> (22 hours)  All courses must have a grade of "C-" or better.	GPS 1010	Gateway Seminar Experience	3
	ENGL 1310	Rhetoric & Writing I	3
	ENGL 1410	Rhetoric & Writing II ( <i>pre-req ENGL 1310</i> )	3
	MATH 1040	College Algebra or higher ( <i>pre-req score 12+ on Algebra Diagnostic Exam</i> )	3
	PSY 1000	General Psychology	3
	Elective	Must meet BOTH the Arts, Humanities & Cultures AND the Sustainability requirement	3
	BIOL 1350/1360	General Biology II: Intro to the Cell and Lab ( <i>pre-req CHEM 1301</i> )	4
	PORT 3000	Writing Portfolio Assessment	0
<b>Health Science Prerequisites</b> (24 hours)	HSCI 1020	Personal Fitness & Wellness	3
	HSCI 2060	Health Science Statistics ( <i>Can sub with PSY 2100</i> )	3
	BIOL 2010	Human Anatomy & Physiology I ( <i>pre-req BIOL 1010 or 1350</i> )	4
	BIOL 2020	Human Anatomy & Physiology II ( <i>pre-req BIOL 2010</i> )	4
	CHEM 1301	General Chemistry I ( <i>pre-reqs 1 yr HS CHEM &amp; 2yrs HS MATH</i> )	5
	PES 1010/1150	Physics for Life Sciences I and Lab ( <i>pre-req MATH 1040</i> )	5
<b>Health Science Core Requirements</b> (12 hours)	HSCI 3201	Health Behavior Change ( <i>soph level</i> )	3
	HSCI 3520	Health Communication ( <i>pre-req HSCI 3201</i> )	3
	HSCI 3630	Culture & Health ( <i>soph level</i> )	3
	HSCI 4010	Health Science Research ( <i>pre-req HSCI 2060 or PSY 2100, HSCI 3520</i> )	3
<b>Strength &amp; Conditioning Option Requirements</b> (62 hours)	BIOL 3300	Exercise Physiology ( <i>pre-reqs BIOL 2010, 2020</i> )	3
	BIOL 4550	Biomechanics/Kinesiology ( <i>pre-reqs PES 1010, BIOL 2010, 2020, spring only</i> )	3
	CHEM 1311	General Chemistry II ( <i>CHEM 1301 w/C or higher</i> )	5
	HSCI 1110	Weight Training	2
	HSCI 2010	Intro to Health Science Professions	3
	HSCI 2070	Nutrition for Health Professionals	3
	HSCI Electives	HSCI 3000+ Electives	9
	HSCI 3310	Applied Sports & Exercise Psychology ( <i>pre-req PSY 1000, spring only</i> )	3
	HSCI 3330	Sports Nutrition ( <i>pre-reqs HSCI 1060 or HSCI 2070, BIOL 2010, fall only</i> )	3
	HSCI 3460	Organization & Administration	3
	HSCI 4030	Sports Specific Training Principles & Techniques ( <i>pre-req BIOL 3300, fall only</i> )	3
	HSCI 4050	Obesity & Weight Management ( <i>pre-req HSCI 2070, spring only</i> )	3
	HSCI 4490	Exercise Considerations for Special Populations ( <i>pre-req HSCI 4670</i> )	3
	HSCI 4610	Sports Injury & 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> )	6
	HSCI 4670	Health Assessment ( <i>BIOL 2010 &amp; 2020, Jr. level</i> )	3
HSCI 4950	Exercise Testing & Prescription ( <i>pre-reqs 4670, Adult CPR, fall and spring only</i> )	4	

> A minimum of 120 hours must be completed with a cumulative CU grade point average of 2.0; at least 45 of these hours must be at the upper-division level (courses numbered 3000-4999).

> The last 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.



## Four-Year Degree Plan – Health Care Science – Strength & Conditioning Option

The following four-year plan lists all the specific course requirements for the Bachelor of Science in Health Care Science – Strength & Conditioning 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
	GPS 1010	3		ENGL 1410	3
	ENGL 1310	3		BIOL 1350/1360	4
	MATH 1040	3		CHEM 1311	5
	HSCI 1020	3		HSCI 2010	3
	CHEM 1301	5			
	<b>TOTAL</b>	17		<b>TOTAL</b>	15

### ***Suggested Second Year***

FALL			SPRING		
√	Course	Hours	√	Course	Hours
	BIOL 2010	4		BIOL 2020	4
	HSCI 2070	3		HSCI 1110	2
	HSCI 3630	3		HSCI 2060	3
	PES 1010/1150	5		HSCI 3201	3
				Arts, Humanities & Cultures AND Sustainability	3
	<b>TOTAL</b>	15		<b>TOTAL</b>	15

### ***Suggested Third Year***

FALL			SPRING		
√	Course	Hours	√	Course	Hours
	BIOL 3300	3		BIOL 4550	3
	PSY 1000	3		HSCI 3310	3
	HSCI 3330	3		HSCI 4050	3
	HSCI 3000+ Health Science Elective	3		HSCI 4670	3
	HSCI 3520	3		HSCI 4010	3
	<b>TOTAL</b>	15		<b>TOTAL</b>	15

### ***Suggested Fourth Year***

FALL			SPRING		
√	Course	Hours	√	Course	Hours
	HSCI 3460	3		HSCI 3000+ Health Science Elective	3
	HSCI 3000+ Health Science Elective	3		HSCI 4490	3
	HSCI 4950	4		HSCI 4610	3
	HSCI 4030	3		HSCI 4620	6
	<b>TOTAL</b>	13		<b>TOTAL</b>	15