



B.S. Health Care Science - Senior Fitness Instructor Option

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

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) 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, 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 |
|---|------------------------|
| Gateway | GPS 1010 |
| Explore¹ – Arts, Humanities and Cultures | See List |
| Explore¹ – Society, Behavior and Health | PSY 1000 |
| Explore¹ – Physical and Natural World | BIOL 1010 |
| Navigate | HSCI 3630 |
| Summit | HSCI 4950 |
| Writing Intensive Course (WIC)² <i>Two courses with at least one upper-division (3000+ level).</i> | HSCI 4010 HSCI 4670 |
| Inclusiveness² | HSCI 3630 |
| Sustainability² | See List |

¹ Explore must be outside major and area requirements.

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



DEPARTMENT OF HEALTH SCIENCES—Senior Fitness Instructor Option

Department website: www.uccs.edu/~bethel/

| Degree Requirements | Courses | | |
|---|----------------------------|--|--------------|
| | Course Number | Course Title | Credit Hours |
| General Education Requirements (24 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 MATH 99 with a grade of "C" or better, or pass the Math Placement Test for MATH 1040.</i>) | 3 |
| | PSY 1000 | General Psychology | 3 |
| | BIOL 1010 | Intro to Human Biology | 3 |
| | Explore Elective | Choose from the Explore - Arts, Humanities & Cultures list | 3 |
| | Sustainability | Choose from the Sustainability list | 3 |
| | PORT 3000 | Writing Portfolio Assessment | 0 |
| Health Science Prerequisites (22 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 BIOL 1300/1310; CHEM 1201 or CHEM 1401/1402</i>) | 4 |
| | BIOL 2020 | Human Anatomy & Physiology II (<i>pre-req BIOL 2010</i>) | 4 |
| | CHEM 1201 | Intro to Chemistry I (<i>pre-req high school algebra</i>) | 4 |
| | PES 1010 | Physics for Life Sciences I (<i>pre-req 2 yrs HS algebra</i>) | 4 |
| Health Science Core Requirements (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 3630</i>) | 3 |
| Senior Fitness Instructor Option Requirements (62 hours) <i>Courses marked with an asterisk (*) indicate courses required for the Gerontology minor.</i> | BIOL 3300 | Exercise Physiology (<i>pre-reqs BIOL 2010, 2020</i>) | 3 |
| | BIOL 4550 | Biomechanics/Kinesiology (<i>pre-reqs PES 1010; BIOL 2010 or BIOL 4350, spring only</i>) | 3 |
| | PSY 3280 or PSY 3620 | Abnormal Psychology (<i>pre-req PSY 1000</i>) Developmental Psychology (<i>pre-req PSY 1000</i>) | 3 |
| | GRNT 3000* | Intro to Gerontology | 3 |
| | GRNT 4620* | Sociology of Aging | 3 |
| | GRNT 4630* | Psychology of Aging (<i>pre-req PSY 1000</i>) | 3 |
| | GRNT 4980* | Professional Field Experience in Gerontology (<i>pre-req GRNT 3000</i>) | 3 |
| | GRNT Electives* | 3000+ level Gerontology Electives (<i>two courses from the Approved list</i>) | 6 |
| | HSCI Elective | 1000 level Activity Course | 1 |
| | HSCI 2010 | Intro to Health Science Professions | 3 |
| | HSCI or GRNT Elective | 3000+ level HSCI or GRNT Electives | 3 |
| | HSCI 2800* | Biomedical Aging: Myths & Realities (<i>spring only</i>) | 3 |
| | HSCI 4030 | Sports Specific Training Principles & Techniques (<i>pre-req BIOL 3300 & 4550</i>) | 3 |
| | HSCI 4490 | Exercise Considerations for Special Populations (<i>pre-req HSCI 4030</i>) | 3 |
| | HSCI 4620 | Internship in Health Sciences (<i>pre-reqs Jr. level, HSCI 3520</i>) | 6 |
| | HSCI 4670 | Health Assessment (<i>pre-reqs BIOL 2010 & 2020 or BIOL 4350, Jr level</i>) | 3 |
| | HSCI 4740 | Aging, Physical Activity & Health (<i>fall only</i>) | 3 |
| | HSCI 4830 | Intervention Methods & Strategies (<i>pre-req HSCI 3201</i>) | 3 |
| | HSCI 4950 | Exercise Testing & Prescription (<i>pre-reqs 4670, Adult CPR</i>) | 4 |



Four-Year Degree Plan – Health Care Science – Senior Fitness Instructor Option

The following four-year plan lists all the specific course requirements for the Bachelor of Science in Health Care Science – Senior Fitness Instructor 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 | | MATH 1040 | 3 |
| | CHEM 1201 | 4 | | PSY 1000 | 3 |
| | BIOL 1010 | 3 | | HSCI 1020 | 3 |
| | | | | HSCI 2010 | 3 |
| | TOTAL | 13 | | TOTAL | 15 |

Suggested Second Year

| FALL | | | SPRING | | |
|------|----------------------------------|-------|--------|--|-------|
| √ | Course | Hours | √ | Course | Hours |
| | BIOL 2010 | 4 | | BIOL 2020 | 4 |
| | HSCI 3630 | 3 | | PSY 3280 or PSY 3620 | 3 |
| | PES 1010 | 4 | | HSCI 2800 | 3 |
| | Sustainability Course | 3 | | HSCI 3201 | 3 |
| | HSCI 1000+ level Activity Course | 1 | | Explore – Arts, Humanities & Cultures Course | 3 |
| | TOTAL | 15 | | TOTAL | 16 |

Suggested Third Year

| FALL | | | SPRING | | |
|------|---------------------------|-------|--------|---------------------------|-------|
| √ | Course | Hours | √ | Course | Hours |
| | BIOL 3300 | 3 | | BIOL 4550 | 3 |
| | GRNT 3000 | 3 | | GRNT 3000+ level elective | 3 |
| | GRNT 3000+ level elective | 3 | | HSCI 4670 | 3 |
| | HSCI 2060 | 3 | | HSCI 4830 | 3 |
| | HSCI 3520 | 3 | | GRNT 4980 | 3 |
| | TOTAL | 15 | | TOTAL | 15 |

Suggested Fourth Year

| FALL | | | SPRING | | |
|------|--------------------------|-------|--------|--------------|-------|
| √ | Course | Hours | √ | Course | Hours |
| | GRNT 4630 | 3 | | HSCI 4950 | 4 |
| | HSCI 4010 | 3 | | HSCI 4490 | 3 |
| | HSCI 4030 | 3 | | GRNT 4620 | 3 |
| | HSCI 4740 | 3 | | HSCI 4620 | 6 |
| | HSCI/GRNT 3000+ Elective | 3 | | | |
| | TOTAL | 15 | | TOTAL | 16 |