



Health Science Minors

The following department guidelines have been established for minor programs from the Health Science Department of Beth-El College of Nursing and Health Sciences at the University of Colorado at Colorado Springs. Please be sure to speak with an academic advisor in Main Hall, 2nd floor, to declare a minor. **NOTE: All minors require a minimum GPA of 2.0 or better to earn the minor.**

NUTRITION				
Department Website: www.uccs.edu/bethel/programs/nutrition				
A minor in Nutrition requires at least 18 credit hours. All classes must be completed with a grade of C- or better. Students will be responsible for any prerequisites to required courses. A maximum of 9 hours of transfer work may apply to the minor.	<i>Complete 18 credit hours from the following courses:</i>			
	HSCI 2070	Nutrition for Health Professionals	3	
	HSCI 3201	Health Behavior Change	3	
	HSCI 3280	Herbal & Dietary Supplements	3	
	HSCI 3330	Sports Nutrition: Basic Principles	3	
	HSCI 3520	Health Communication	3	
	HSCI 4050	Obesity and Weight Management	3	
	HSCI 4060	Sports Nutrition	3	
	HSCI 4090	Food, Culture, Community and Health	3	
	HSCI 4430	Advanced Nutrition I: Macronutrient Metabolism	3	
	HSCI 4440	Advanced Nutrition II: Micronutrient Metabolism	3	
	Total			18

HEALTH AND WELLNESS PROMOTION			
Department Website: www.uccs.edu/bethel			
A minor in Health and Wellness Promotion requires at least 18 credit hours. All classes must be completed with a grade of C- or better. Students will be responsible for any prerequisites to required courses. A maximum of 9 hours of transfer work may apply to the minor.	<i>Complete 18 credit hours from the following courses:</i>		
	BIOL 3300	Exercise Physiology	3
	BIOL 4550	Biomechanics/Kinesiology	3
	HSCI 1020	Personal Fitness and Wellness	3
	HSCI 2010	Intro to Health Science Professions	3
	HSCI 2070	Nutrition for Health Sciences	3
	HSCI 3201	Health Behavior Change	3
	HSCI 3310	Applied Sport and Exercise Psychology	3
	HSCI 3330	Sports Nutrition	3
	HSCI 3520	Health Communication	3
	HSCI 4030	Sports Specific Training Principles	3
	HSCI 4050	Obesity & Weight Management	3
	HSCI 4080	Pathophysiology for the Health Sciences	3
	HSCI 4580	Physical Activity and Public Health	3
	HSCI 4590	Concepts of Health and Disease	3
	HSCI 4610	Sports Injury and Prevention	3
	HSCI 4640	Program Planning	3
	HSCI 4670	Health Assessment	3
HSCI 4950	Exercise Testing and Prescription	4	
Total			18