



B.S. Health Care Science – Strength & Conditioning, Athletic Training Prep

Academic Advising Hours:

Location: Main Hall 208

Hours: Monday–Friday: 9am-4pm Appointments Only (except Wednesday afternoons)

Drop-in Advising every Wednesday from 1pm-4:30pm

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 Degree Audit |
| Explore¹ – Society, Behavior and Health | PSY 1000 |
| Explore¹ – Physical and Natural World | CHEM 1401/1402 |
| Navigate | HSCI 3630 |
| Summit | HSCI 4950 |
| Writing Intensive Course (WIC)² <i>Two courses with at least one upper-division (3000+ level).</i> | HSCI 4670 HSCI 4950 |
| Inclusiveness² | HSCI 3630 |
| Sustainability² | See Degree Audit |

¹ Explore must be outside major requirements.

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

Declaration of the Strength & Conditioning Option: Athletic Training prep does not guarantee admission to the Master of Science in Athletic Training program.



Five-Year Degree Plan— BS Health Care Science –

Strength & Conditioning Option, Athletic Training Prep, Concurrent Degree Option

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

| Degree Requirements | Courses | | |
|--|------------------------------------|--|--------------|
| | Course Number | Course Title | Credit Hours |
| General Education and Compass Curriculum Requirements (15 hours) | GPS 1010 | Gateway Seminar Experience | 3 |
| | ENGL 1310 | Rhetoric & Writing I | 3 |
| | ENGL 1410 | Rhetoric & Writing II (<i>pre-req ENGL 1310</i>) | 3 |
| | Explore Elective | Choose one course from the Explore - Arts, Humanities & Cultures course list | 3 |
| | HSCI 3630 | Culture and Health (<i>pre-req Soph level</i>) | 3 |
| | Sustainability | Choose one course from the Sustainability course list | 0(3)* |
| | PORT 3000 | Writing Portfolio Assessment | 0 |
| Strength & Conditioning Option Requirements (69 hours) All courses must have a grade of "C-" or better. | BIOL 1300/1310 | General Biology: Organismic Biology and Lab (<i>pre-req HS Biol & Chem</i>) | 4 |
| | BIOL 1350/1360 | General Biology: Intro to the Cell and Lab (<i>pre-reqs CHEM 1401/1402 and BIOL 1300/1310,</i>) | 4 |
| | BIOL 3050 | Human Anatomy (<i>pre-req BIOL 1010 or BIOL 1350/1360</i>) | 4 |
| | BIOL 3060 | Human Physiology (<i>pre-req BIOL 1010 or BIOL 1350/1360; BIOL 3050 recommended</i>) | 4 |
| | BIOL 3300 | Exercise Physiology (<i>pre-reqs BIOL 2010, 2020</i>) | 3 |
| | BIOL 4550 | Biomechanics/Kinesiology (<i>pre-reqs PES 1010, BIOL 2010, 2020</i>) | 3 |
| | Upper-Division BIOL Electives | <i>Complete six hours of 3000+ level Biology Electives (excluding botany and ecology courses).</i> | 6 |
| | HSCI 3100 | Statistics & Research Methods | 3 |
| | HSCI 2070 | Nutrition for Health Professionals | 3 |
| | HSCI 3201 | Health Behavior Change | 3 |
| | HSCI 3310 | Applied Sport & Exercise Psychology (<i>pre-req PSY 1000, spring only</i>) | 3 |
| | HSCI 3330 | Sport Nutrition (<i>pre-reqs HSCI 1060 or HSCI 2070, BIOL 2010</i>) | 3 |
| | HSCI 4030 | Sports Specific Training Principles & Techniques (<i>pre-req BIOL 3300</i>) | 3 |
| | HSCI 4031 | Sports Specific Training Principles & Techniques Lab | 1 |
| | HSCI 4620 | Internship in Health Sciences (<i>pre-req Jr level</i>) | 3 |
| | HSCI 4670 | Health Assessment | 3 |
| | HSCI 4950 | Exercise Testing and Prescription (<i>pre-reqs HSCI 4670, Adult CPR</i>) | 4 |
| | ATRN 4000 | Foundations of Athletic Training (<i>course in development</i>) | |
| | HSCI 5490 | Exercise Considerations of Special Populations | 3 |
| | HSCI 6120 | Health Science Leadership | 3 |
| Upper-Division HSCI Electives | 3000+ electives: 6 credits in HSCI | 6 | |
| Auxiliary Requirements (27 hours) | CHEM 1401/1402 | General Chemistry I and Lab (<i>pre-req CHEM 1001 or MATH 1040 or placement into MATH 1050</i>) | 5 |
| | CHEM 1411/1412 | General Chemistry II and Lab (<i>pre-reqs CHEM 1401/1402</i>) | 5 |
| | PES 1010/1150 | Physics for Life Science I and Lab (<i>pre-req MATH 1040</i>) | 5 |
| | PES 1020/2150 | Physics for Life Science II and Lab (<i>pre-reqs PES 1010/1150</i>) | 5 |
| | MATH 1050 | Elementary Functions of Calculus (<i>pre-req MATH 1040</i>) | 4 |
| | PSY 1000 | General Psychology | 3 |
| General Electives (6 hours) | | | |

* The Sustainability course can be double counted with major electives or general electives and does not require additional hours.



Five-Year Degree Plan – BS Health Care Science – Strength & Conditioning Option, Athletic Training Prep

This five-year plan lists all the specific course requirements for the Bachelor of Science in Health Care Science – Strength & Conditioning Option degree at UCCS and the additional course hours for the accelerated option for the Master of Science in Athletic Training. 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 |
| | ENGL 1310 | 3 | | ENGL 1410 | 3 |
| | BIOL 1300/1310 | 4 | | BIOL 1350/1360 | 4 |
| | GPS 1010 | 3 | | CHEM 1411/1412 | 5 |
| | Explore – Arts, Humanities & Cultures Course | 3 | | MATH 1050 | 4 |
| | CHEM 1401/1402 | 5 | | | |
| TOTAL | | 18 | TOTAL | | 16 |

Suggested Second Year

| FALL | | | SPRING | | |
|--------------|------------------------|-----------|--------------|---------------|-----------|
| √ | Course | Hours | √ | Course | Hours |
| | PES 1010/1150 | 5 | | PES 1020/2150 | 5 |
| | BIOL 3050 | 4 | | BIOL 3060 | 4 |
| | HSCI 2070 or BIOL 2050 | 3 | | HSCI 3330 | 3 |
| | HSCI 3630 | 3 | | HSCI 3201 | 3 |
| | PSY 1000 | 3 | | HSCI 3310 | 3 |
| TOTAL | | 18 | TOTAL | | 18 |

Suggested Third Year

| FALL | | | SPRING | | |
|--------------|-----------------------------------|-----------|--------------|------------------|-----------|
| √ | Course | Hours | √ | Course | Hours |
| | BIOL 3300 | 3 | | BIOL 4550 | 3 |
| | HSCI 4490 | 3 | | HSCI 4950 | 4 |
| | HSCI 4030 | 3 | | HSCI 3100 | 3 |
| | HSCI 4031 | 1 | | ATRN 4000 | 3 |
| | HSCI 4670 | 3 | | UD BIOL Elective | 3 |
| | Upper-Division (UD) BIOL Elective | 3 | | UD HSCI Elective | 3 |
| TOTAL | | 16 | TOTAL | | 19 |

Suggested Summer Prior to Fourth Year

| √ | Course | Hours | √ | NOTE 1: Formal admission into the MSAT occurs during January of 3 rd year. | |
|--------------|-------------------------------------|----------|---|---|--|
| | HSCI 4620 Health Science Internship | 3 | | | |
| TOTAL | | 3 | | | |

Suggested Fourth Year

| FALL | | | SPRING | | |
|--------------|-----------|-----------|--------------|------------------|-----------|
| √ | Course | Hours | √ | Course | Hours |
| | ATRN 5050 | 1 | | UD HSCI Elective | 3 |
| | HSCI 5xxx | 5 | | HSCI 5490 | 3 |
| | HSCI 6120 | 3 | | ATRN 5015 | 1 |
| | ATRN 5000 | 4 | | ATRN 5012 | 4 |
| | ATRN 5011 | 4 | | ATRN 5052 | 1 |
| | ATRN 5051 | 1 | | ATRN 5062 | 3 |
| | ATRN 5061 | 2 | | | |
| TOTAL | | 19 | TOTAL | | 15 |

Suggested Fifth Year

| FALL | | | SPRING | | |
|------|-----------|-------|--------|-----------|-------|
| √ | Course | Hours | √ | Course | Hours |
| | ATRN 6010 | 3 | | ATRN 6064 | 4 |
| | ATRN 6015 | 1 | | ATRN 6090 | 3 |
| | ATRN 5013 | 4 | | | |
| | ATRN 6053 | 1 | | | |
| | ATRN 6054 | 1 | | | |
| | ATRN 6063 | 4 | | | |

| | | | | | |
|--|--------------|----|--|--------------|---|
| | TOTAL | 14 | | TOTAL | 7 |
|--|--------------|----|--|--------------|---|