

## ACADEMIC ADVISING

### Partnering with students to successfully navigate college

**Location:** Main Hall 208

**Phone:** 719.255.3260

**Website:** [Academic Advising](http://www.uccs.edu/academic-advising)

### Connect With Your Advisor

Current UCCS Students

- Appointments: [www.uccs.edu/advising/current-students](http://www.uccs.edu/advising/current-students)

Prospective Students: [www.uccs.edu/admissions/contact](http://www.uccs.edu/admissions/contact)

## GENERAL ACADEMIC INFORMATION

### Minimum Graduation Requirements

- 120 credit hours
- 45 upper-division credit hours (3000-4999 level)
- 2.0 CU cumulative GPA
- Residency: 30 credit hours of degree must be completed while registered in the Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences

### Student Responsibilities

Students are required to know and follow:

- All academic policies set forth by the University, College, and academic department in the UCCS Catalog: [catalog.uccs.edu](http://catalog.uccs.edu)
- All course prerequisites designated by the University. Failure to meet course prerequisites may result in an administrative drop of the course from a student's schedule. See degree audit for course prerequisites within the academic major.

## DEGREE REQUIREMENTS

Explore Exercise Science: [Bachelor of Science in Exercise Science](http://www.uccs.edu/bachelor-of-science-in-exercise-science) | [Helen and Arthur E. Johnson Beth-El \(uccs.edu\)](http://www.uccs.edu/helen-and-arthur-e-johnson-beth-el)

Major Requirements			
Exercise Science Requirements - Strength and Conditioning (45 hours)	Course Number	Course Title	Credit Hours
<ul style="list-style-type: none"> <li>• Requires a minimum of 45 credit hours of HPNU course work and an additional 31-32 hours of auxiliary coursework.</li> <li>• Requires a minimum of 36 hours of upper-division (3000+ level) HPNU course work.</li> <li>• All HPNU and auxiliary courses must be completed with a grade of "C-" or better.</li> </ul>	HPNU 2050	Nutrition for Health Professionals	3
	HPNU 2080	Professions in Health Care	3
	HPNU 2100	Statistics & Research Methods	3
	HPNU 3050	Human Anatomy	4
	HPNU 3060	Human Physiology	4
	HPNU 3300	Exercise Physiology	3
	HPNU 3330	Sports Nutrition: Basic Principles	3
	HPNU 4030	Strength Training & Conditioning	3
	HPNU 4031	Strength Training & Conditioning Lab	1
	HPNU 4550	Biomechanics/Kinesiology	3
	HPNU 4790	Physiological Assessment and Testing	3
	HPNU 4950	Exercise Prescription	3
	Upper-Division HPNU Electives	Complete an additional 9 credit hours of upper-division HPNU electives (must carry the HPNU prefix <u>and</u> be listed at the 3000-level, or higher).	9
Auxiliary Requirements (31-32 hours)			
	BIOL 1300/1310	General Biology: Organismic Biology and Lab	4
	BIOL 1350/1360	General Biology: Introduction to the Cell and Lab	4
	CHEM 1401/1402	General Chemistry I and Lab	5
	CHEM 1411/1412	General Chemistry II and Lab	5
	PES 1010/1150	Physics for Life Science I and Lab	5
	PES 1020/2150	Physics for Life Science II and Lab	5
	MATH 1050	Elementary Functions of Calculus	3-4
	or MATH 1060	Trigonometry	

# EXERCISE SCIENCE B.S.

Strength & Conditioning Option

## General Education and Elective Requirements

<b>Core Writing Requirement</b> (6 hours)	<ul style="list-style-type: none"> <li>ENGL 1310, 1308, or 1305 (<i>Students choosing ENGL 1305 must complete ENGL 1300 first.</i>)</li> <li>ENGL 1410 or TCID 2090</li> <li>Writing Portfolio – PORT 3000 (0 credits) or PORT 4000 (1 credit) or alternative – See Degree Audit</li> </ul>	
<b>Compass Curriculum</b> (9 hours) <ul style="list-style-type: none"> <li>Explore and Navigate courses must be outside major requirements.</li> <li>Writing Intensive, Inclusiveness, and Sustainability courses can count towards other requirements within the degree.</li> </ul>	<b>Component</b>	<b>Course</b>
	<b>Gateway</b>	GPS 1010
	<b>Explore – Arts, Humanities and Cultures</b>	See Degree Audit
	<b>Explore – Society, Behavior and Health</b>	See Degree Audit
	<b>Explore – Physical and Natural World</b>	CHEM 1401/1402 (included in auxiliary requirements)
	<b>Navigate</b>	See Degree Audit
	<b>Summit</b>	HPNU 4950 (included in major requirements)
	<b>Writing Intensive Courses (WIC)</b> <i>Two courses with one upper-division (3000+ level)</i>	<ul style="list-style-type: none"> <li>HPNU 4790 (included in major requirements)</li> <li>HPNU 4950 (included in major requirements)</li> </ul>
<b>General Electives</b> (28-29 hours)	<b>Inclusiveness</b>	See Degree Audit
	<b>Sustainability</b>	See Degree Audit
Complete additional courses to meet total and upper-division requirements for your degree program.		

## FOUR-YEAR DEGREE PLAN

Please note that this is an *example* degree program and your program may vary. **Students are responsible for completing all course prerequisites.**

Year One	✓	FALL	Hours	✓	SPRING	Hours
		GPS 1010	3		ENGL 1410 or TCID 2090	3
		ENGL 1310	3		HPNU 2080	3
		Explore – Society, Behavior & Health	3		BIOL 1300/1310	4
		CHEM 1401/1402	5		CHEM 1411/1412	5
		<b>TOTAL</b>	14		<b>TOTAL</b>	15

Year Two	✓	FALL	Hours	✓	SPRING	Hours
		HPNU 2050	3		HPNU 2100	3
		BIOL 1350/1360	4		HPNU 3050	4
		MATH 1050 or MATH 1060	3-4		Explore – Arts, Humanities & Cultures Course	3
		PES 1010/1150	5		PES 1020/2150	5
		<b>TOTAL</b>	15-16		<b>TOTAL</b>	15

Year Three	✓	FALL	Hours	✓	SPRING	Hours
		HPNU 3060	4		HPNU 3300	3
		HPNU 3330	3		Upper-Division (UD) HPNU Elective	3
		General Elective	3		General Elective	3
		General Elective ( <i>Inclusiveness</i> )	3		General Elective	3
		General Elective ( <i>Sustainability</i> )	3		General Elective	3
		<b>TOTAL</b>	16		<b>TOTAL</b>	15

Year Four	✓	FALL	Hours	✓	SPRING	Hours
		HPNU 4030	3		HPNU 4950	3
		HPNU 4031	1		UD HPNU Elective	3
		HPNU 4550	3		UD HPNU Elective	3
		HPNU 4790	3		UD General Elective	3
		UD General Elective	3-4		UD General Elective ( <i>Navigate</i> )	3
		<b>TOTAL</b>	14-15		<b>TOTAL</b>	15