EXERCISE SCIENCE B.S.

Athletic Training Prep Option

UCCS UNIVERSITY OF COLORADO
Colorado Springs

ACADEMIC ADVISING

Partnering with students to successfully navigate college
Location: Main Hall 208
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Website: Academic Advising

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- Appointments: www.uccs.edu/advising/current-students
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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
- 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 | Helen and Arthur E. Johnson Beth-El (uccs.edu)

Major Requirements

Exercise Science Core Requirements	Course Number	Course Title	Credit Hours
(45 hours) - Requires a minimum of 29 credit hours of core HPNU course work and an additional 16 hours of HPNU upper-division electives. - Requires a minimum of 36 hours of upper-division (3000+ level) core HPNU course work. - All HPNU and auxiliary courses must be completed with a grade of "C-" or better.	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 4550	Biomechanics/Kinesiology	3
	HPNU 4790	Physiological Assessment and Testing	3
	HPNU 4950	Exercise Prescription	3
	Upper-Division HPNU Electives	Complete an additional 16 credit hours of upper-division *(3000+ level)* HPNU electives *(must carry the **HPNU** prefix)*. - **Recommended:** HPNU 3330 and 4030/4031	16

Master of Science in Athletic Training (MSAT) Pre-Requisites	Course Number	Course Title	Credit Hours
(6 additional hours)	PSY 1000	General Psychology	3
	HPNU 4790	Physiological Assessment and Testing *(included in core HPNU courses above)*	3
	HPNU 4950	Exercise Prescription *(included in core HPNU courses above)*	3
	ATRN 4000 **or** HSCI 4610	Foundations of Athletic Training **or** Sport Injury Care and Prevention	3

MSAT Dual Credit Courses	Course Number	Course Title	Credit Hours
(10 hours) Students who are accepted to the MSAT program take these courses **after admission to the MSAT.** These courses will double count toward both the BS and MS degrees.	HPNU 5010 *(fall)*	Research Methods and Statistical Design (*pre-req HPNU 3100*)	4
	HPNU 5490 *(spring)* **or** HPNU 6700	Exercise Considerations for Special Populations (*pre-req HSCI 4670*) **or** Advanced Exercise Science	3
	ATRN 6120 *(spring)*	Health Science Leadership	3

Auxiliary Requirements	Course Number	Course Title	Credit Hours
(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 **or** MATH 1060	MATH 1050 Elementary Functions of Calculus **or** MATH 1060 Trigonometry	3-4

NOTE: Declaration of Athletic Training Prep does not guarantee admission to the Master of Science in Athletic Training program. Students should meet with the MSAT Program Director no later than their sophomore year to discuss the MSAT program, the concurrent degree, and program application.

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General Education and Elective Requirements

Core Writing Requirement (6 hours)	• ENGL 1310, 1308, or 1305 *(Students choosing ENGL 1305 must complete ENGL 1300 first.)* • ENGL 1410 **or** TCID 2090 • Writing Portfolio – PORT 3000 (0 credits) **or** PORT 4000 (1 credit) **or** alternative – See Degree Audit

Compass Curriculum (6 hours) • Explore and Navigate courses must be outside major requirements • Writing Intensive, Inclusiveness, and Sustainability courses can count towards other requirements within degree	Component	Course
	Gateway	GPS 1010
	Explore – Arts, Humanities and Cultures	See Degree Audit
	Explore – Society, Behavior and Health	PSY 1000 (included in MSAT pre-requisites)
	Explore – Physical and Natural World	CHEM 1401/1402 (included in auxiliary requirements)
	Navigate	See Degree Audit
	Summit	HPNU 4950 (included in major requirements)
	Writing Intensive Courses (WIC) *Two courses with one upper-division (3000+ level)*	• HPNU 4790 (included in major requirements) • HPNU 4950 (included in major requirements)
	Inclusiveness	See Degree Audit
	Sustainability	See Degree Audit

General Electives (15-16 hours)	Complete additional courses to meet total and upper-division requirements for your degree program. **Highly Recommended** - HSCI 3201, HSCI 3230, HSCI 3310, HSCI 3630

FIVE-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		MATH 1050 **or** 1060	3-4
	ENGL 1310	3		ENGL 1410 **or** TCID 2090	3
	BIOL 1300/1310	4		BIOL 1350/1360	4
	CHEM 1401/1402	5		CHEM 1411/1412	5
	Explore – Arts, Humanities & Cultures Course	3		HPNU 2080	3
	TOTAL	18		**TOTAL**	18-19

Year Two

√	FALL	Hours	√	SPRING	Hours
	HPNU 2050	3		HPNU 2100	3
	HPNU 3050	4		HPNU 3060	4
	PES 1010/1150	5		PES 1020/2150	5
	PSY 1000	3		General Elective *(Inclusiveness)*	3
	General Elective	3		General Elective *(Sustainability)*	3
	TOTAL	18		**TOTAL**	18

Year Three

√	FALL	Hours	√	SPRING	Hours
	HPNU 3300	3		ATRN 4000 **or** HSCI 4610	3
	HPNU 4790	3		HPNU 4550	3
	Upper-Division (UD) HPNU Elective	3		HPNU 4950	3
	UD HPNU Elective	3		UD HPNU Elective	4
	UD HPNU Elective	3		General Elective *(Navigate Course)*	3
	UD HPNU Elective	3		General Elective	3-4
	TOTAL	18		**TOTAL**	19-20

Year Four

√	FALL	Hours	√	SPRING	Hours
	HPNU 5010*	4		ATRN 6120*	3
	ATRN 5050	1		HPNU 5490 **or** HPNU 6700*	3
	ATRN 5000	4		**ATRN 5015**	1
	ATRN 5011	4		**ATRN 5012**	4
	ATRN 5051	1		**ATRN 5052**	1
	ATRN 5061	2		**ATRN 5062**	3
				ATRN 6015	1
				TOTAL	16
				SUMMER: ATRN 6090 (take summer before Year 5)	3
	TOTAL	16		**TOTAL**	3

Year Five

√	FALL	Hours	√	SPRING	Hours
	ATRN 6010	3		**ATRN 6064**	5
	ATRN 5013	4			
	ATRN 6053	1			
	ATRN 6063	4			
	TOTAL	12		**TOTAL**	5

*MSAT Dual Credit Courses. These courses will count toward both the BS and the MSAT degrees. Courses in bold are required for the MSAT.