EXERCISE SCIENCE B.S.
Athletic Training Prep Option

ACADEMIC ADVISING

Partnering with students to successfully navigate college
Location: Main Hall 208
Phone: 719.255.3260
Website: Academic Advising

Connect With Your Advisor
Current UCCS Students
- Appointments: www.uccs.edu/advising/current-students
Prospective Students: 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
- 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)

<table>
<thead>
<tr>
<th>Exercise Science Requirements (39 hours)</th>
<th>Course Number</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>HPNU 2050</td>
<td>Nutrition for Health Professionals</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>HPNU 2080</td>
<td>Professions in Health Care</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>HPNU 2100</td>
<td>Statistics &amp; Research Methods</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>HPNU 3050</td>
<td>Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>HPNU 3060</td>
<td>Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>HPNU 3300</td>
<td>Exercise Physiology</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>HPNU 4550</td>
<td>Biomechanics/Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>HPNU 4900</td>
<td>Senior Seminar</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Exercise Science Electives</td>
<td>Complete an additional 15 credit hours of upper-division HPNU electives (must carry the HPNU prefix and be listed at the 3000-level, or higher). Recommended: HPNU 3330 and 4030/4031</td>
<td>15</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MSAT Pre-Requisites (12 hours)</th>
<th>Course Number</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>PSY 1000</td>
<td>General Psychology</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>HPNU 4790</td>
<td>Physiological Assessment and Testing</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>HPNU 4950</td>
<td>Exercise Prescription</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>ATRN 4000 or HSCI 4610</td>
<td>Foundations of Athletic Training or Sport Injury Care and Prevention</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MSAT Dual Credit Courses (10 hours)</th>
<th>Course Number</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students who are accepted into the MSAT program MUST take these courses as part of the MSAT after admission.</td>
<td>HPNU 5010 (fall)</td>
<td>Research Methods and Statistical Design (pre-req HPNU 3100)</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>HPNU 5490 (spring) or HPNU 6700</td>
<td>Exercise Considerations for Special Populations (pre-req HSCI 4670) or Advanced Exercise Science</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>HSCI 6120 (spring)</td>
<td>Health Science Leadership</td>
<td>3</td>
</tr>
</tbody>
</table>

NOTE: MSAT Dual Credit Courses double count between the BS and the MSAT degrees.

<table>
<thead>
<tr>
<th>Auxiliary Requirements (31-32 hours)</th>
<th>Course Number</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 1300/1310</td>
<td>General Biology: Organismic Biology and Lab</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>BIOL 1350/1360</td>
<td>General Biology: Introduction to the Cell and Lab</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>CHEM 1401/1402</td>
<td>General Chemistry I and Lab</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>CHEM 1411/1412</td>
<td>General Chemistry II and Lab</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>PES 1010/1150</td>
<td>Physics for Life Science I and Lab</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>PES 1020/2150</td>
<td>Physics for Life Science II and Lab</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>MATH 1050 or MATH 1060</td>
<td>MATH 1050 Elementary Functions of Calculus or MATH 1060 Trigonometry</td>
<td>3-4</td>
<td></td>
</tr>
</tbody>
</table>

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.

2023-2024
# 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
- PORT 3000 (0 Credits) – Writing Portfolio

**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

<table>
<thead>
<tr>
<th>Component</th>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gateway</td>
<td>GPS 1010</td>
</tr>
<tr>
<td>Explore – Arts, Humanities and Cultures</td>
<td>See Degree Audit</td>
</tr>
<tr>
<td>Explore – Society, Behavior and Health</td>
<td>PSY 1000 (included in MSAT pre-requisites)</td>
</tr>
<tr>
<td>Explore – Physical and Natural World</td>
<td>CHEM 1401/1402 (included in auxiliary requirements)</td>
</tr>
<tr>
<td>Navigate</td>
<td>See Degree Audit</td>
</tr>
<tr>
<td>Summit</td>
<td>HPNU 4900 (included in major requirements)</td>
</tr>
</tbody>
</table>

**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.
- Recommended - HSCI 3230, HSCI 3630; Optional - HSCI 3201, 3310

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## 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**
- GPS 1010 3
- Explore – Arts, Humanities & Cultures Course 3
- CHEM 1401/1402 5
- BIOL 1300/1310 4
- ENGL 1310 3
  - **TOTAL** 18

**SPRING**
- MATH 1050 or 1060 3
  - **TOTAL** 18

### Year Two

**FALL**
- HPNU 2050 3
- HPNU 3050 4
- PES 1010/1150 5
- PSY 1000 3
- General Elective 3
  - **TOTAL** 18

**SPRING**
- HPNU 2100 3
  - **TOTAL** 18

### Year Three

**FALL**
- HPNU 3300 3
- HPNU 4790 3
- HPNU Elective 3
- HPNU Elective 3
- HPNU Elective 3
  - **TOTAL** 18

**SPRING**
- ATRN 4000 or HSCI 4610 3
  - **TOTAL** 19-20

### Year Four

**FALL**
- HPNU 5010* 4
- ATRN 5050 1
- ATRN 5000 4
- ATRN 5011 4
- ATRN 5051 1
- ATRN 5061 2
  - **TOTAL** 16

**SPRING**
- HSCI 6120* 3
- HPNU 5490 or HPNU 6700* 3
- ATRN 5015 1
- ATRN 5012 4
- ATRN 5052 1
- ATRN 5062 3
- ATRN 6015 1
  - **TOTAL** 16/3

### Year Five

**FALL**
- ATRN 6010 3
- ATRN 5013 4
- ATRN 6053 1
- ATRN 6063 4
  - **TOTAL** 12

**SPRING**
- ATRN 6064 5
  - **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.

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2023-2024