

ACADEMIC ADVISING

Partnering with students to successfully navigate college

Location: Main Hall 208

Phone: 719.255.3260

Website: www.uccs.edu/advising

Connect With Your Advisor

Current UCCS Students

- Appointments: www.uccs.edu/advising/current-students
- Drop In Advising: Most Wednesdays, 1:00pm - 4:00pm

Prospective Students: www.uccs.edu/admissions/contact

GENERAL ACADEMIC INFORMATION

Minimum Graduation Requirements

1. 120 credit hours
2. 2.0 CU cumulative GPA
3. 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:

1. All academic policies set forth by the University, College, and academic department in the UCCS Catalog: catalog.uccs.edu
2. 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.

MAJOR INFORMATION

The Bachelor of Science in Exercise Science provides an undergraduate education for individuals seeking careers in a wide variety of health fields. The Strength and Conditioning option is intended for students who desire to become a professional strength and conditioning coach. The curriculum is structured to provide the content necessary to take the Certified Strength and Conditioning Specialist (CSCS) exam in the last semester of the program.

Major Requirements			
Exercise Science Requirements (36 hours)	Course Number	Course Title	Credit Hours
All courses must have a grade of "C-" or better.	HPNU 2050	Nutrition for Health Professionals	3
	HPNU 3050	Human Anatomy	4
	HPNU 3060	Human Physiology	4
	HPNU 3100	Statistics & Research Methods	3
	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 4900	Senior Seminar	1
	Electives	<i>Complete 8 credit hours of 3000+ level HPNU courses</i>	8
Auxiliary Requirements (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	4

General Education and Elective Requirements																					
Composition (6 hours)	1. ENGL 1310 2. ENGL 1410 3. PORT 3000 (0 Credits) – Writing Portfolio																				
Compass Curriculum (12 hours) <ul style="list-style-type: none"> Explore and Navigate courses must be outside major requirements Writing Intensive, Inclusiveness, and Sustainability courses can count towards other requirements within degree 	<table border="1"> <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>See Degree Audit</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> <tr> <td>Writing Intensive Courses (WIC) <i>Two courses with one upper-division (3000+ level)</i></td> <td> 1. See Degree Audit 2. See Degree Audit </td> </tr> <tr> <td>Inclusiveness</td> <td>See Degree Audit</td> </tr> <tr> <td>Sustainability</td> <td>See Degree Audit</td> </tr> </tbody> </table>	Component	Course	Gateway	GPS 1010	Explore – Arts, Humanities and Cultures	See Degree Audit	Explore – Society, Behavior and Health	See Degree Audit	Explore – Physical and Natural World	CHEM 1401/1402 (included in auxiliary requirements)	Navigate	See Degree Audit	Summit	HPNU 4900 (included in major requirements)	Writing Intensive Courses (WIC) <i>Two courses with one upper-division (3000+ level)</i>	1. See Degree Audit 2. See Degree Audit	Inclusiveness	See Degree Audit	Sustainability	See Degree Audit
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Sustainability	See Degree Audit																				
General Electives (34 hours)	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
		ENGL 1310	3		BIOL 1300/1310	4
		CHEM 1401/1402	5		CHEM 1411/1412	5
		MATH 1050	4		General Elective	3
		TOTAL	15		TOTAL	15

Year Two	✓	FALL	Hours	✓	SPRING	Hours
			BIOL 1350/1360	4		HPNU 3050
		HPNU 2050	3		PES 1020/2150	5
		PES 1010/1150	5		Explore – Arts, Humanities & Cultures Course	3
		Explore – Society, Behavior & Health	3		General Elective (<i>Sustainability Course</i>)	3
		TOTAL	15		TOTAL	15

Year Three	✓	FALL	Hours	✓	SPRING	Hours
			HPNU 3060	4		HPNU 3100
		HPNU 3330	3		HPNU 3300	3
		Navigate Course	3		General Elective	3
		General Elective (<i>Inclusiveness Course</i>)	3		General Elective	4
		General Elective	3		General Elective	3
		TOTAL	16		TOTAL	16

Year Four	✓	FALL	Hours	✓	SPRING	Hours
			HPNU 4030	3		HPNU 4900
		HPNU 4031	1		HPNU Elective	4
		HPNU 4550	3		General Elective	3
		HPNU Elective	4		General Elective	3
		General Elective	3		General Elective	3
		TOTAL	14		TOTAL	14