

## ACADEMIC ADVISING

### Partnering with students to successfully navigate college

**Location:** Main Hall 208

**Phone:** 719.255.3260

**Website:** [www.uccs.edu/advising](http://www.uccs.edu/advising)

### Connect With Your Advisor

Current UCCS Students

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

- Drop In Advising: Most Wednesdays, 1:00pm - 4:00pm

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 | Helen and Arthur E. Johnson Beth-El \(uccs.edu\)](http://Bachelor of Science in Exercise Science | Helen and Arthur E. Johnson Beth-El (uccs.edu))

Major Requirements			
Exercise Science Requirements - Strength and Conditioning (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
Upper-Division HPNU Electives	Complete an additional 8 credit hours of upper-division HPNU electives (must carry the HPNU prefix <u>and</u> be listed at the 3000-level, or higher).		8
Auxiliary Requirements (31 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 1060	Trigonometry	3

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>• PORT 3000 (0 Credits) – Writing Portfolio</li> </ul>	
<b>Compass Curriculum</b> (12 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 4900 (included in major requirements)
	<b>Writing Intensive Courses (WIC)</b> <i>Two courses with one upper-division (3000+ level)</i>	See Degree Audit
	<b>Inclusiveness</b>	See Degree Audit
	<b>Sustainability</b>	See Degree Audit
<b>General Electives</b> (35 hours)	Complete additional courses to meet total and upper-division requirements for your degree program.	

# EXERCISE SCIENCE B.S.

Strength & Conditioning Option



University of Colorado  
Colorado Springs

## 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
		ENGL 1310	3		BIOL 1300/1310	4
		CHEM 1401/1402	5		CHEM 1411/1412	5
		MATH 1060	3		General Elective	3
		<b>TOTAL</b>	<b>14</b>		<b>TOTAL</b>	<b>15</b>

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
		<b>TOTAL</b>	<b>15</b>		<b>TOTAL</b>	<b>15</b>

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

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	4		General Elective	3
		<b>TOTAL</b>	<b>15</b>		<b>TOTAL</b>	<b>14</b>