

## 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 Health and Wellness Promotion: [Bachelor of Science in Health Care Science - Health & Wellness Promotion Option | Helen and Arthur E. Johnson Beth-El \(uccs.edu\)](http://www.uccs.edu/bachelor-of-science-in-health-care-science-health-wellness-promotion-option)

Major Requirements				
Health and Wellness Promotion Courses (60 credit hours)	Course Number	Course Title	Credit Hours	
<b>Note:</b> Course prerequisites are listed in parentheses after the course title.	HPNU 1010	Human Biology	3	
	HPNU 3100	Statistics and Research Methods ( <i>junior standing or higher</i> )	3	
	HSCI 1020	Personal Fitness and Wellness	3	
	HSCI 2010	Intro to Health Science Professions	3	
	HSCI 3201	Health Behavior Change ( <i>sophomore standing or higher</i> )	3	
	HSCI 3520	Health Communication ( <i>HSCI 3201</i> )	3	
	HSCI 3630	Culture and Health ( <i>sophomore standing or higher</i> )	3	
	HSCI 4320	Community Health ( <i>HSCI 3201</i> )	3	
	HSCI 4590	Concepts of Health and Disease	3	
	HSCI 4620	Internship in Health Sciences ( <i>junior standing or higher, HSCI 3520, HSCI 4621</i> )	5	
	HSCI 4621	Health & Wellness Promotion Internship Orientation ( <i>senior standing recommended, junior standing required, HSCI 3520</i> )	1	
	HSCI 4640	Program Planning ( <i>senior standing, HSCI 3201</i> )	3	
	HSCI 4650	Health Coaching ( <i>HSCI 3201</i> )	3	
	HSCI 4670	Health Assessment ( <i>HPNU 1010</i> )	3	
	HSCI 4840	Program Evaluation – Capstone ( <i>HPNU 3100, HSCI 3201, HSCI 4640</i> )	3	
	Health and Wellness Electives	Complete 15 credit hours from the following courses: HSCI 2470, 3120, 3251, 3310, 4580, 4760, 9400, HPNU 2050, 3280, GRNT 3000, IECE 1010, SWRK 3268		15

## 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</li> <li>PORT 3000 (0 Credits) – Writing Portfolio</li> </ul>	
<b>Mathematics</b> (4 hours)	MATH 1040	
<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 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>	PSY 1000 or SOC 1110
	<b>Explore – Physical and Natural World</b>	See Degree Audit
	<b>Navigate</b>	HSCI 3630 (included in major requirements)
	<b>Summit</b>	HSCI 4840 (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>HSCI 4590 (included in major requirements)</li> <li>HSCI 3630 (included in major requirements)</li> </ul>
<b>Inclusiveness</b>	HSCI 3630 (included in major requirements)	
<b>Sustainability</b>	See Degree Audit	
<b>General Electives</b> (38 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		HSCI 2010	3
		HSCI 1020	3		MATH 1040	4
		Explore – Physical & Natural World Course	3		PSY 1000 or SOC 1110	3
		General Elective	3		Explore – Arts, Humanities & Cultures Course	3
		<b>TOTAL</b>	15		<b>TOTAL</b>	16

Year Two	✓	FALL	Hours	✓	SPRING	Hours
			HSCI 3201	3		HPNU 1010
		HSCI 3630	3		HSCI 3520	3
		General Elective	3		General Elective	3
		General Elective	3		General Elective	3
		General Elective	3		General Elective	3
		<b>TOTAL</b>	15		<b>TOTAL</b>	15

Year Three	✓	FALL	Hours	✓	SPRING	Hours
			HSCI 4670	3		HPNU 3100
		HWP Elective	3		HSCI 4320 ( <i>spring only</i> )	3
		General Elective ( <i>Sustainability</i> )	3		HSCI 4590	3
		General Elective	3		HSCI 4621	1
		General Elective	3		General Elective	3
					General Elective	2
		<b>TOTAL</b>	15		<b>TOTAL</b>	15

Year Four	✓	FALL	Hours	✓	SPRING	Hours
			HSCI 4620	3		HSCI 4620
		HSCI 4640 ( <i>fall only</i> )	3		HSCI 4840 ( <i>spring only</i> )	3
		HSCI 4650	3		HWP Elective	3
		HWP Elective	3		HWP Elective	3
		General Elective	3		HWP Elective	3
		<b>TOTAL</b>	15		<b>TOTAL</b>	14