

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

Major Requirements			
Exercise Science Requirements (45 hours)	Course Number	Course Title	Credit Hours
All courses must have a grade of "C-" or better.  A minimum of 39 hours must be upper-division (3000+ level) course work.  Students following the concurrent degree should incorporate the MSAT pre-requisite courses into their course plan as part of the HPNU or General Electives.	HPNU 2050	Nutrition for Health Professionals	3
	HPNU 2080	Professions in Health Care	3
	HPNU 3050	Human Anatomy	4
	HPNU 3060	Human Physiology	4
	HPNU 3100	Statistics & Research Methods	3
	HPNU 3300	Exercise Physiology	3
	HPNU 4550	Biomechanics/Kinesiology	3
	HPNU 4790	Physiological Assessment and Testing	3
	HPNU 4900	Senior Seminar	1
	HPNU 4950	Exercise Prescription	3
Upper-Division HPNU Electives	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). <b>Recommended:</b> HPNU 3330 and 4030/4031		15
<b>MSAT Pre-Requisites</b> (6 hours)	ATRN 4000	Foundations of Athletic Training	3
	PSY 1000	General Psychology	3
<b>MSAT Dual Credit Courses</b> (10 hours)  Students who are accepted into the MSAT program <b>MUST</b> take these courses as part of the MSAT after admission.	HPNU 5010	Research Methods and Statistical Design ( <i>pre-req HPNU 3100</i> )	4
	HPNU 5490	Exercise Considerations for Special Populations ( <i>pre-req HSCI 4670</i> )	3
	HSCI 6120	Health Science Leadership	3
	<b>NOTE:</b> Courses in this section double count between the MSAT and the BS degrees and can used to fulfill major electives and/or general electives.		
<b>Auxiliary Requirements</b> (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
	Required Math Course	MATH 1050 Elementary Functions of Calculus or MATH 1060 Trigonometry	

**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.

## 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> (6 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>	<table border="1"> <thead> <tr> <th>Component</th> <th>Course</th> </tr> </thead> <tbody> <tr> <td><b>Gateway</b></td> <td>GPS 1010</td> </tr> <tr> <td><b>Explore – Arts, Humanities and Cultures</b></td> <td>See Degree Audit</td> </tr> <tr> <td><b>Explore – Society, Behavior and Health</b></td> <td>PSY 1000 (included in MSAT pre-requisites)</td> </tr> <tr> <td><b>Explore – Physical and Natural World</b></td> <td>CHEM 1401/1402 (included in auxiliary requirements)</td> </tr> <tr> <td><b>Navigate</b></td> <td>See Degree Audit</td> </tr> <tr> <td><b>Summit</b></td> <td>HPNU 4900 (included in major requirements)</td> </tr> <tr> <td><b>Writing Intensive Courses (WIC)</b> <i>Two courses with one upper-division (3000+ level)</i></td> <td> <ul style="list-style-type: none"> <li>HPNU 4790 (included in major requirements)</li> <li>HPNU 4950 (included in major requirements)</li> </ul> </td> </tr> <tr> <td><b>Inclusiveness</b></td> <td>See Degree Audit</td> </tr> <tr> <td><b>Sustainability</b></td> <td>See Degree Audit</td> </tr> </tbody> </table>	Component	Course	<b>Gateway</b>	GPS 1010	<b>Explore – Arts, Humanities and Cultures</b>	See Degree Audit	<b>Explore – Society, Behavior and Health</b>	PSY 1000 (included in MSAT pre-requisites)	<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>	<ul style="list-style-type: none"> <li>HPNU 4790 (included in major requirements)</li> <li>HPNU 4950 (included in major requirements)</li> </ul>	<b>Inclusiveness</b>	See Degree Audit	<b>Sustainability</b>	See Degree Audit
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<b>General Electives</b> (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																				

## 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
		Explore – Arts, Humanities & Cultures Course	3		ENGL 1410 or TCID 2090	3
		CHEM 1401/1402	5		BIOL 1350/1360	4
		BIOL 1300/1310	4		CHEM 1411/1412	5
		ENGL 1310	3		HPNU 2080	3
		<b>TOTAL</b>	<b>18</b>		<b>TOTAL</b>	<b>18-19</b>

Year Two	✓	FALL	Hours	✓	SPRING	Hours
			HPNU 2050	3		HPNU 3060
		HPNU 3050	4		HPNU 3100	3
		PES 1010/1150	5		PES 1020/2150	5
		PSY 1000	3		General Elective ( <i>Inclusiveness Course</i> )	3
		General Elective	3		General Elective ( <i>Sustainability Course</i> )	3
		<b>TOTAL</b>	<b>18</b>		<b>TOTAL</b>	<b>18</b>

Year Three	✓	FALL	Hours	✓	SPRING	Hours
			HPNU 3300	3		ATRN 4000
		HPNU 4790	3		HPNU 4550	3
		HPNU Elective	3		HPNU 4900	1
		HPNU Elective	3		HPNU 4950	3
		HPNU Elective	3		HPNU Elective	3
		HPNU Elective	3		General Elective ( <i>Navigate Course</i> )	3
					General Elective <sup>1</sup>	3-4
		<b>TOTAL</b>	<b>18</b>		<b>TOTAL</b>	<b>19-20</b>

Year Four	✓	FALL	Hours	✓	SPRING	Hours
		^	HPNU 5010	4	^	HSCI 6120
		ATRN 5050	1	^	HPNU 5490	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
		<b>TOTAL</b>	<b>16</b>		<b>TOTAL</b>	<b>16</b>

Year Five	✓	FALL	Hours	✓	SPRING	Hours
			ATRN 6010	3		ATRN 6064
		ATRN 5013	4			
		ATRN 6053	1			
		ATRN 6063	4			
		<b>TOTAL</b>	<b>12</b>		<b>TOTAL</b>	<b>5</b>

<sup>1</sup> This general elective can be taken in any semester. It is recommended to be taken in a summer term.

^ MSAT Dual Credit Courses