

## ACADEMIC ADVISING

### Partnering with students to successfully navigate college

Location: Main Hall 208

Phone: 719.255.3260

Website: [Academic Advising](https://www.uccs.edu/academic-advising)

### Connect With Your Advisor

Current UCCS Students

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

Prospective Students: [www.uccs.edu/admissions/contact](https://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](https://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 Human Physiology and Nutrition: [Human Physiology and Nutrition Programs | Helen and Arthur E. Johnson Beth-El \(uccs.edu\)](https://www.uccs.edu/human-physiology-and-nutrition-programs)

Major Requirements				
Human Physiology & Nutrition Major – Nutrition and Dietetics Option (39 hours)	Course/Area	Course Title	Credit Hours	
<ul style="list-style-type: none"> <li>• Requires a minimum of 39 credit hours of HPNU course work.</li> <li>• Requires a minimum of 50 credit hours of auxiliary course work.</li> <li>• Requires a minimum of 33 credit hours of upper-division (3000+ level) course work.</li> <li>• All major courses require a "C-" or better</li> </ul> <p><b>All upper division courses should be taken after General Biology and General Chemistry. FAILURE TO TAKE COURSES IN THE RECOMMENDED SEQUENCE WILL RESULT IN FUTURE SCHEDULING CONFLICTS.</b></p>	HPNU 2050	Nutrition for Health Professionals	3	
	HPNU 2080	Professions in Health Care	3	
	HPNU 3050	Human Anatomy w/Lab	4	
	HPNU 3060	Human Physiology w/Lab	4	
	HPNU 3100	Statistics & Research Methods	3	
	HPNU 4080	Pathophysiology for Health Sciences	3	
	HPNU 4430	Advanced Nutrition I	3	
	HPNU 4900	Senior Seminar	1	
	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).	15	
	<b>Auxiliary Requirements</b>			
	BIOL 1300/1310	General Biology: Organismic Biology and Lab	4	
	BIOL 1350/1360	General Biology: Introduction to the Cell and Lab	4	
	BIOL 2030/2130	Microbiology and Lab	4	
	CHEM 1401/1402	General Chemistry I and Lab	5	
	CHEM 1411/1412	General Chemistry II and Lab	5	
CHEM 3101/3102	Organic Chemistry I and Lab	4		
CHEM 3111/3112	Organic Chemistry II and Lab	4		
CHEM 4211	Biochemistry	3		
PES 1010/1150	Physics for Life Science I w/ Lab	5		
PES 1020/2150	Physics for Life Science II w/Lab	5		
PSY 1000	General Psychology	3		
MATH 1330	Calculus for Life Sciences	4		

Suggested Electives			
<p>Starting in 2024, a master's degree will be required to become a Registered Dietitian Nutritionist (RDN). Elective courses should be selected to strengthen a student's application to graduate programs.</p> <p>Suggested general electives, and Upper-Division HPNU electives, are listed here.</p>	<b>*The following HPNU courses will fulfill upper-division (3000+ level) HPNU electives required for the degree</b>		
	HPNU 3130	The Gut Microbiome	3
	HPNU 3280	Herbal and Dietary Supplements	3
	HPNU 4090	Food, Culture, Community and Health	3
	HPNU 4000/5000	Special Topics: Grain School Online	3
<b>The following HSCI courses will fulfill upper-division general electives for the degree*</b>			
HSCI 3201	Health Behavior Change	3	
HSCI 3630	Culture and Health	3	
HSCI 4650	Health Coaching	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> (6 hours) <ul style="list-style-type: none"> <li>Explore and Navigate courses must be outside major and area requirements.</li> <li>Writing Intensive, Inclusiveness, and Sustainability courses can count towards other requirements within the 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 auxiliary requirements)</td> </tr> <tr> <td><b>Explore – Physical and Natural World</b></td> <td>CHEM 1401 (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>See Degree Audit</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 auxiliary requirements)	<b>Explore – Physical and Natural World</b>	CHEM 1401 (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
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<b>General Electives</b> (19 hours)	Complete additional courses to meet total and upper-division requirements for your degree program. *The HSCI courses listed under Suggested Electives (above) will help fulfill general electives for the degree																				

## 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
			ENGL 1310	3		ENGL 1410 or TCID 2090
		BIOL 1300/1310	4		BIOL 1350/1360	4
		CHEM 1401/1402	5		CHEM 1411/1412	5
		GPS 1010	3		MATH 1330	4
		<b>TOTAL</b>	15		<b>TOTAL</b>	16

Year Two	✓	FALL	Hours	✓	SPRING	Hours
			CHEM 3101/3102	4		CHEM 3111/3112
		HPNU 3050	4		HPNU 2050	3
		Explore – Arts, Humanities & Cultures Course	3		HPNU 3060	4
		HPNU 2080	3		PSY 1000	3
		<b>TOTAL</b>	14		<b>TOTAL</b>	14

Year Three	✓	FALL	Hours	✓	SPRING	Hours
			PES 1010/1150	5		PES 1020/2150
		CHEM 4211	3		HPNU 3100	3
		HPNU 4080	3		UD HPNU Elective	3
		BIOL 2030/2130	4		General Elective - suggested HSCI 3630	3
		UD HPNU Elective - suggested HPNU 3280	3		General Elective (Navigate/Inclusiveness/Writing Intensive)	3
		<b>TOTAL</b>	18		<b>TOTAL</b>	17

Year Four	✓	FALL	Hours	✓	SPRING	Hours
			HPNU 4430	3		HPNU 4900
		UD HPNU Elective - suggested HPNU 4090	3		UD HPNU Elective - suggested HPNU 4000/5000	3
		UD HPNU Elective - suggested HPNU 3130	3		General Elective - suggested HSCI 4650	3
		General Elective - suggested HSCI 3201	3		General Elective (Writing Intensive)	4
		General Elective (Sustainability)	3			
		<b>TOTAL</b>	15		<b>TOTAL</b>	11