

EXERCISE SCIENCE B.S.

Strength & Conditioning, Athletic Training Prep Option

ACADEMIC ADVISING

Partnering with students to successfully navigate college

Location: Main Hall 208

Phone: 719.255.3260

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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. Athletic Trainers (ATs) are health care professionals, recognized by the American Medical Association, who provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions in collaboration with physicians. ATs provide care for a breadth of patients including, but not limited to, professional, collegiate, secondary school and youth athletes, dancers, musicians, and military personnel.

Major Requirements			
Exercise Science Requirements (36 hours)	Course Number	Course Title	Credit Hours
All courses must have a grade of "C-" or better. 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 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 4900	Senior Seminar	1
	Electives	<i>Complete 15 credit hours of 3000+ level HPNU/HSCI courses. Recommended and optional courses are listed below.</i> Recommended: HPNU 3330, 4030/4031, HSCI 3230, 3630 Optional: HSCI 3201, 3310	
MSAT Pre-Requisites (13 hours)	ATRN 4000	Foundations of Athletic Training	3
	HSCI 4670	Health Assessment	3
	HSCI 4950	Exercise Testing and Prescription	4
	PSY 1000	General Psychology	3
MSAT Dual Credit Courses Students who are accepted into the MSAT program MUST take these courses as part of the MSAT after admission.	HPNU 5010	Research Methods and Statistical Design (<i>pre-reqs HPNU 3100</i>)	4
	HPNU 5490	Exercise Considerations for Special Populations (<i>pre-req HSCI 4670</i>)	3
	HSCI 6120	Health Science Leadership	3
	NOTE: Courses in this section double count between the MSAT and the BS degrees and can be used to fulfill major electives and/or general electives.		
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

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.

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University of Colorado
Colorado Springs

General Education and Elective Requirements

Composition (6 hours)	<ol style="list-style-type: none"> ENGL 1310 ENGL 1410 PORT 3000 (0 Credits) – Writing Portfolio 	
Compass Curriculum (9 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 	Component	Course
	Gateway	GPS 1010
	Explore – Arts, Humanities and Cultures	See Degree Audit
	Explore – Society, Behavior and Health	PSY 1000 (included in MSAT pre-requisites)
	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>	<ol style="list-style-type: none"> HSCI 4950 (included in MSAT pre-requisites) See Degree Audit
	Inclusiveness	See Degree Audit
Sustainability	See Degree Audit	
General Electives (24 hours)	Complete additional courses to meet total and upper-division requirements for your degree program.	

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
		Explore – Arts, Humanities & Cultures Course	3		ENGL 1410	3
		CHEM 1401/1402	5		BIOL 1350/1360	4
		BIOL 1300/1310	4		CHEM 1411/1412	5
		ENGL 1310	3		General Elective	2
		TOTAL	18		TOTAL	18

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
		TOTAL	18		TOTAL	18

Year Three	✓	FALL	Hours	✓	SPRING	Hours
			HPNU 3300	3		ATRN 4000
		HSCI 4670	3		HPNU 4550	3
		HPNU elective	3		HPNU 4900	1
		HPNU elective	3		HSCI 4950	4
		HPNU elective	3		HPNU Elective	3
		HPNU elective	3		Navigate Course	3
					General Elective ¹	3
		TOTAL	18		TOTAL	20

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
		TOTAL	16		TOTAL	15

Year Five	✓	FALL	Hours	✓	SPRING	Hours
			ATRN 6010	3		ATRN 6064
		ATRN 6015	1		ATRN 6090	3
		ATRN 5013	4			
		ATRN 6053	1			
		ATRN 6054	1			
		ATRN 6063	4			
		TOTAL	14		TOTAL	7

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

^ MSAT Dual Credit Courses