

MAJOR IN HEALTH AND EXERCISE SCIENCE, NURSING CONCENTRATION

The Health and Exercise Science Nursing Concentration provides students with the unique opportunity to earn both a Bachelor of Science (BS) in Health and Exercise Science (HES) from CSU Fort Collins and a Master of Science in Nursing (MSN) from CSU Pueblo's School of Nursing all while on the Fort Collins campus. The program is structured so that the first five semesters focus on completing nursing prerequisites and the coursework necessary for the undergraduate degree in HES. This concentration equips nursing students with specialized knowledge in classes tailored to equip students with the skills to help people protect, maintain, and improve their health and quality of life throughout the lifespan. Beginning in the sixth semester, students take nursing coursework that fulfills the requirements for both the BS in HES and the MSN. The BS degree is conferred only after the MSN requirements are completed, with students graduating with both degrees at the end of the tenth semester.

CSU Fort Collins in collaboration with CSU Pueblo offers a Master of Science in Nursing (MSN) 3+2 Graduate Entry Program on the Fort Collins campus. Students pursuing one of three undergraduate degrees at CSU Fort Collins—Food Science and Human Nutrition (FSHN), Human Development and Family Studies (HDFS), or Health & Exercise Science (HES)—who aspire to become registered nurses are eligible to apply for this accelerated 3+2 program. Once accepted, students will concurrently complete their undergraduate degree and the CSU Pueblo MSN, with a concentration in nursing leadership. All nursing courses will be delivered in person on the Fort Collins campus, accompanied by local clinical practicum experiences. Upon completing the program, graduates are eligible to sit for the National Council Licensure Examination for Registered Nurses (NCLEX-RN) (<https://www.nclex.com/>).

Admission to this concentration is competitive, with eligibility based on the following criteria:

1. Students must first enroll in the Pre-Nursing Concentration within the departments of Food Science and Human Nutrition (FSHN) (<https://catalog.colostate.edu/general-catalog/colleges/health-human-sciences/food-science-human-nutrition/nutrition-science-major-pre-nursing-concentration/>), Health and Exercise Science (HES), or Human Development and Family Studies (HDFS) (<https://catalog.colostate.edu/general-catalog/colleges/health-human-sciences/human-development-family-studies/human-development-family-studies-major-pre-nursing-concentration/>).
2. Complete the first four semesters of the Pre-Nursing Concentration as outlined in the program of study, including the completion of seven specific nursing prerequisites.
3. At the end of the third semester, students who have successfully completed the required nursing prerequisites in first three semesters with a grade of C or better may apply for admission to CSU's 3+2

Master of Science in Nursing (MSN) program, offered on the Fort Collins campus in partnership with CSU Pueblo's School of Nursing, to continue into the Nursing Concentration.

4. Upon acceptance to the MSN program, students will change their BS degree concentration to Nursing.
5. Once in the Nursing Concentration, students must complete all remaining nursing prerequisites with a grade of C or better prior to the start of the sixth semester. Students will not be allowed to enroll in MSN nursing courses until all prerequisites are successfully completed.

Failure to meet these requirements may result in the loss of admission to the MSN program. In this case, students can either retake or complete the necessary prerequisites and join the next MSN cohort (typically delaying entry by one year) or return to the Pre-Nursing Concentration to complete their BS degree and apply to accelerated BSN programs.

Learning Objectives

Upon successful completion of this concentration, students will be able to:

1. Demonstrate critical thinking and the ability to apply knowledge related to the key concepts, issues, and tools fundamental to health and exercise science.
2. Understand the importance of physical activity in optimizing physical and mental health and preventing/treating disease and disability in people of all ages and provide a detailed explanation of physical activity guidelines and recommendations.
3. Develop and demonstrate practical knowledge and understanding in human anatomy and physiology through active classroom learning, laboratory, supervised college teaching, capstone projects, research involvement, practicums, and/or internship experiences.
4. Demonstrate the ability to communicate effectively through writing and oral presentations. Writing skills will focus on the ability to synthesize and apply health and exercise science disciplinary knowledge. Presentation skills will focus on the ability to find and summarize scientific information, develop complementary visual aids, and speak with confidence.
5. Demonstrate the ability to transform the health and well-being of patients through advanced education and exemplary health care.
6. Develop a depth of knowledge that enables them to critically evaluate health-related programs and products and distinguish between evidence-based facts and popular fads.
7. Develop collaborative skills necessary to work as a cooperative, productive, and accountable team member while working with individuals of diverse backgrounds.

Requirements Effective Fall 2026

Students must earn a grade of C (2.0) or better in all nursing prerequisite courses as well as any course substitutions fulfilling these requirements.

Freshman

		AUCC	Credits
CHEM 107 ¹	Fundamentals of Chemistry (GT-SC2)	3A	4
CHEM 108 ¹	Fundamentals of Chemistry Laboratory (GT-SC1)	3A	1
CO 150	College Composition (GT-CO2)	1A	3

FSHN 150	Introduction to Human Nutrition		3
HDFS 101	Lifespan Development (GT-SS3)	3C	3
HES 145	Health and Wellness for Everyone (GT-SS3)	1C	3
HES 202	Introduction to Exercise Physiology (GT-SC2)	3A	3
HES 207	Anatomical Kinesiology		4
MATH 118 ²	College Algebra in Context II (GT-MA1)	1B	1
MATH 124 ²	Logarithmic and Exponential Functions (GT-MA1)	1B	1
Select one group from the following:			4
Group A			
BZ 110	Principles of Animal Biology (GT-SC2)	3A	
BZ 111	Animal Biology Laboratory (GT-SC1)	3A	
Group B			
LIFE 102	Attributes of Living Systems (GT-SC1)	3A	
Arts and Humanities (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			3
Total Credits			33
Sophomore			
HES 340	Exercise Prescription		3
HES 354	Theory of Health Behavior		3
LIFE 205	Microbial Biology		3
LIFE 206	Microbial Biology Laboratory		2
MATH 125 ²	Numerical Trigonometry (GT-MA1)	1B	1
OT 215	Medical Terminology		1
PSY 100	General Psychology (GT-SS3)	3C	3
SOC 100	Introduction to Sociology (GT-SS3)	3C	3
SPCM 200	Public Speaking		3
Select one course from the following:			4
BMS 300	Principles of Human Physiology		
HES 300	Physiology for Clinical Health Professions		
Select one course from the following:			3
STAT 201	General Statistics (GT-MA1)	1B	
STAT 301	Introduction to Applied Statistical Methods		
Arts and Humanities (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			3
Historical Perspectives (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)			3
Total Credits			35
Junior			
BMS 301	Human Gross Anatomy		5
CO 301B	Writing in the Disciplines: Sciences (GT-CO3)	2	3
HES 310	Human Pathophysiology		3
HES 403	Physiology of Exercise	4B	3
HES 404	Physiology of Exercise Laboratory		1
HES 434	Physical Activity Throughout the Lifespan		3
Credit transferred from CSU-Pueblo			10
Credit transferred from CSU-Pueblo ³			3
Credit transferred from CSU-Pueblo ⁴			3
Total Credits			34

Senior

Credit transferred from CSU-Pueblo	18
Total Credits	18
Program Total Credits:	120

¹ CHEM 111/CHEM 112 can be substituted for CHEM 107/CHEM 108.

² MATH 155 or MATH 160 may be substituted for MATH 118, MATH 124, and MATH 125.

³ The AUCC 4A requirement—focused on applying fundamental competencies in writing, speaking, and problem solving—will be met through upper-division nursing coursework approved for transfer credit by the HES academic unit. This credit transfer is from a course that engages students in clinical reasoning, evidence-based practice, and reflective communication, applying skills from AUCC Categories 1A–2. Over 50% of the course grade is based on written care plans, oral case presentations, collaborative problem-solving, and critical thinking in real-world healthcare contexts.

⁴ The AUCC 4C requirement, emphasizing Capstone Experiences that integrate learning and skill from the student's major, will be fulfilled through upper-division nursing coursework transfer credit as approved by the academic unit. This course will focus on applying theoretical knowledge in real-world clinical practice, critical thinking, and leadership in healthcare. The capstone experience will take place

in a simulation and clinical setting, allowing students to demonstrate mastery of key competencies and align their academic experience with the degree program's learning outcomes.

Major Completion Map

Distinctive Requirements for Degree Program:

Students seeking admission to the Major in Health and Exercise Science (HES) Nursing Concentration must begin in the HES Pre-Nursing Concentration and formally apply to the Master's of Nursing (MSN) after completing all coursework in Semesters 1 - 3 with a grade of C or better. Notification of acceptance occurs during Semester 4 and if admitted, students will change to the Nursing Concentration prior to Semester 5. Students must complete all remaining MSN prerequisites in Semesters 5 and 6 with a grade of C or better and will not be allowed to enroll in MSN nursing courses until all prerequisites are complete.

Freshman**Semester 1**

		Critical	Recommended	AUCC	Credits
FSHN 150	Introduction to Human Nutrition	X			3
HDFS 101	Lifespan Development (GT-SS3)	X		3C	3
HES 145	Health and Wellness for Everyone (GT-SS3)	X		1C	3
MATH 118	College Algebra in Context II (GT-MA1)	X		1B	1
MATH 124	Logarithmic and Exponential Functions (GT-MA1)	X		1B	1
Select one group from the following:		X			4
Group A					
BZ 110	Principles of Animal Biology (GT-SC2)			3A	
BZ 111	Animal Biology Laboratory (GT-SC1)			3A	
Group B					
LIFE 102	Attributes of Living Systems (GT-SC1)			3A	

Total Credits**15****Semester 2**

		Critical	Recommended	AUCC	Credits
CHEM 107	Fundamentals of Chemistry (GT-SC2)	X		3A	4
CHEM 108	Fundamentals of Chemistry Laboratory (GT-SC1)	X		3A	1
CO 150	College Composition (GT-CO2)	X		1A	3
HES 202	Introduction to Exercise Physiology (GT-SC2)	X		3A	3
HES 207	Anatomical Kinesiology	X			4
Arts and Humanities (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			X	3B	3

Total Credits**18****Sophomore****Semester 3**

		Critical	Recommended	AUCC	Credits
HES 354	Theory of Health Behavior	X			3
MATH 125	Numerical Trigonometry (GT-MA1)	X		1B	1
SPCM 200	Public Speaking	X			3
Select one course from the following:					4

BMS 300	Principles of Human Physiology	X			
HES 300	Physiology for Clinical Health Professions	X			
Select one course from the following:					3
STAT 201	General Statistics (GT-MA1)	X		1B	
STAT 301	Introduction to Applied Statistical Methods	X			
Arts and Humanities (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			X	3B	3
Total Credits					17
Semester 4		Critical	Recommended	AUCC	Credits
HES 340	Exercise Prescription	X			3
LIFE 205	Microbial Biology	X			3
LIFE 206	Microbial Biology Laboratory	X			2
OT 215	Medical Terminology	X			1
PSY 100	General Psychology (GT-SS3)	X		3C	3
SOC 100	Introduction to Sociology (GT-SS3)	X		3C	3
Historical Perspectives (https://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)			X	3D	3
Total Credits					18
Junior					
Semester 5		Critical	Recommended	AUCC	Credits
BMS 301	Human Gross Anatomy	X			5
CO 301B	Writing in the Disciplines: Sciences (GT-CO3)	X		2	3
HES 310	Human Pathophysiology	X			3
HES 403	Physiology of Exercise	X		4B	3
HES 404	Physiology of Exercise Laboratory	X			1
HES 434	Physical Activity Throughout the Lifespan	X			3
Total Credits					18
Semester 6		Critical	Recommended	AUCC	Credits
Credit transferred from CSU-Pueblo		X		4A	3
Credit transferred from CSU-Pueblo		X		4C	3
Credit transferred from CSU-Pueblo		X			10
Total Credits					16
Senior					
Semester 7		Critical	Recommended	AUCC	Credits
Credit transferred from CSU-Pueblo		X			18
Total Credits					18
Program Total Credits:					120