

MAJOR IN HEALTH AND EXERCISE SCIENCE, NURSING CONCENTRATION

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-C03)	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