

MAJOR IN HEALTH AND EXERCISE SCIENCE, NURSING CONCENTRATION

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)		3D	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		4A	3
Credit transferred from CSU-Pueblo ⁴		4C	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.