

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.