

MAJOR IN HEALTH AND EXERCISE SCIENCE, PRE-NURSING CONCENTRATION

corresponding Health and Exercise Science Nursing Concentration, all coursework in Semesters 1-4 must be completed with a grade of C or better.

Major Completion Map

Students must have an cumulative 2.0 GPA in all AUCC courses. If students would like to apply to the 3+2 Master's of Nursing and the

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
CO 301B	Writing in the Disciplines: Sciences (GT-CO3)	X		2	3
HDFS 332	Death, Dying, and Grief	X			3
HES 345	Population Health and Disease Prevention	X			3
HES 420	Electrocardiography and Exercise Management	X			3
HES 434	Physical Activity Throughout the Lifespan	X			3
Total Credits					15
Semester 6		Critical	Recommended	AUCC	Credits
HES 403	Physiology of Exercise	X		4B	3
HES 404	Physiology of Exercise Laboratory	X		4B	1
HES 440	Perspectives in Clinical Patient Care	X			3
Pre-Nursing Guided Elective (see list on Concentration Requirements tab)			X		3
Elective			X		3
Total Credits					13
Senior					
Semester 7		Critical	Recommended	AUCC	Credits
HES 303	Biomechanics and Neurophysiology	X			3
HES 310	Human Pathophysiology				3
Pre-Nursing Guided Elective (see list on Concentration Requirements tab)			X		3
Elective			X		3
Total Credits					12
Semester 8		Critical	Recommended	AUCC	Credits
BMS 301	Human Gross Anatomy				5
HES 455	Health Promotion Programming	X		4A,4C	3
Pre-Nursing Guided Elective (see list on Concentration Requirements tab)		X			4
The benchmark courses for the 8th semester are the remaining courses in the entire program of study.		X			
Total Credits					12
Program Total Credits:					120